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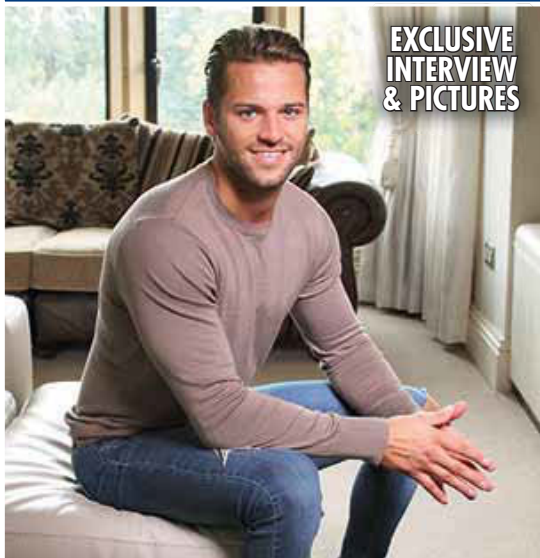
STRICTLY FAVOURITE **PETER ANDRE & HIS WIFE EMILY**

**EXCLUSIVE INTERVIEW
AND PICTURES**

**'IT'S CRAZY THAT PEOPLE
KEEP ASKING IF I THINK
PETE WILL CHEAT ON ME
ON STRICTLY – WE'RE
COMPLETELY IN LOVE'**

**'EMILY'S SO NERVOUS
FOR ME – SHE CAN'T EVEN
WATCH ME DANCE LIVE'**

**CELEBRITY BIG BROTHER WINNER
JAMES HILL AT HOME
IN HIS YORKSHIRE BACHELOR PAD**



**EXCLUSIVE
INTERVIEW
& PICTURES**

**'I'M LOOKING FOR MRS HILL –
JESS WRIGHT IS MY TYPE OF GIRL'**

**EMMERDALE STAR
GEMMA ATKINSON
ON HER AMAZING BODY**



**EXCLUSIVE
INTERVIEW
& PICTURES**

**'I GET UP AT 4.30AM TO TRAIN
EVERY DAY BEFORE WORK'**

**SUPERMODEL & ACTRESS
CARA DELEVINGNE**



**INTERVIEW
INSIDE**

**'MY CHILDHOOD WAS PRETTY
SAD – LIFE FELT AWFUL'**

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TAKE YOUR HAIR TO PARADISE



ISSUE 1002 OCTOBER 13 2015



Peter Andre might have been rehearsing for seven hours a day for his quickstep on last weekend's *Strictly Come Dancing*, but the snake-hipped singer still managed to squeeze in some time for us this week!

We caught up with the busy star, who's currently the favourite to lift this year's Glitterball, and his stunning wife of three months, Emily. In our exclusive interview and photoshoot, the couple tell us why suggestions that the 'Strictly curse' might affect them are 'crazy', while Emily admits that she got so nervous before Pete's debut dance that she couldn't even watch it until two days later!

Meanwhile, *Celebrity Big Brother* winner James Hill opens the doors of his bachelor pad in Yorkshire and invites OK! in to meet his Akita dog Rocky and to reveal why he's got his eye on *TOWIE* beauty Jessica Wright!

We also get some fitness tips from *Emmerdale* star Gemma Atkinson – who reveals that she gets up at 4.30am to hit the gym – and supermodel-turned-actress Cara Delevingne opens up about her traumatic childhood.

KIRSTY TYLER
OK! EDITOR IN CHIEF
@KIRSTYTYLER1

Kirsty

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NUMBER 10 LOWER THAMES STREET, LONDON EC3R 6EN

MAIN OFFICE: 020 8612 7000/+44 (0) 20 8612 7000

EDITOR IN CHIEF: kirsty.tyler@ok.co.uk or 020 8612 7990

DEPUTY EDITOR: rowan.erland@ok.co.uk or 020 8098 2821

ASSOCIATE EDITOR: phil.gould@ok.co.uk or 020 8612 7284

ASSISTANT EDITOR: annabel.zammit@ok.co.uk or 020 8612 7040

ART DIRECTOR: danny.ledger@ok.co.uk or 020 8612 7099

PICTURE EDITOR: tarkan.algin@ok.co.uk or 020 8612 7039

CHIEF SUB EDITOR: matt.coppock@ok.co.uk or 020 8612 7041

SOCIAL EDITOR: mark.moody@ok.co.uk or 020 8612 7061

SHOWBIZ & ROYAL EDITOR: christina.reeves@ok.co.uk (maternity leave)

ACTING ROYAL & SHOWBIZ EDITOR: laura.hills@ok.co.uk or 020 8612 7270

NEWS EDITOR: clare.geraghty@ok.co.uk or 020 8612 7752

STAFF WRITER: kirsty.hatcher@ok.co.uk or 020 8612 7022

FASHION AND BEAUTY DIRECTOR: rosie.underwood@ok.co.uk or 020 8612 7026

FASHION AND BEAUTY ASSISTANT: harriet.wheeler@ok.co.uk or 020 8612 7795

HEALTH EDITOR: yasminegibson@yahoo.co.uk

DEPUTY ART DIRECTOR: penny.moy@ok.co.uk or 020 8612 7939

ART EDITOR: emma.bowden@ok.co.uk or 020 8612 7860

SENIOR DESIGNERS: aysha.siddiqua@ok.co.uk (maternity leave);

chloe.reeves@ok.co.uk or 020 8612 7055

DEPUTY PICTURE EDITOR: anna.lachlan@ok.co.uk or 020 8612 7097

SENIOR PICTURE RESEARCHER: lina.darton@ok.co.uk or 020 8612 7732

JUNIOR PICTURE RESEARCHER: danielle.harrison@ok.co.uk or 020 8612 7063

DEPUTY CHIEF SUB EDITOR: zoe.hill@ok.co.uk or 020 8612 7050

SPA EDITOR AND SENIOR SUB EDITOR: nancy.brown@ok.co.uk or 020 8612 7256

EDITORIAL ASSISTANT: katie.langford-foster@ok.co.uk or 020 8612 7990

THANKS TO: Sana Nooruddin

ADVERTISING: 020 7098 2726 CIRCULATION: circadmin@express.co.uk or 020 8612 7644

SUBSCRIPTIONS/BACK ISSUES: nas.subs.uk@ascendia.com or 01234 227 142 or www.ok.co.uk HEAD OF SYNDICATION: emma.radford@express.co.uk or 020 8612 7903. If you find that OK! has sold out, please call Martin on 07887 545 130 or Circadmin@ok.co.uk on 020 8612 7644.

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EMILY WEARS JUMPSUIT BY TOPSHOP, AND CUFF BY ASOS.
PETER WEARS SHIRT BY REIS, AND CHINOS BY NEW LOOK

AS HE DAZZLES ON THE DANCEFLOOR

'I WAS MORE NERVOUS THAN PETE!'

PETER ANDRE AND HIS WIFE EMILY CHAT TO OK!'S ANNABEL ZAMMIT ABOUT 'STRICTLY' ANXIETY, WEDDING BLUES AND GIVING AMELIA ANOTHER SIBLING

With a big grin on his face and his dance shoes in his hand, Peter Andre arrives at our shoot in Surrey straight from the nearby dance studio, where he's been busy practising the quickstep ahead of his second performance on *Strictly Come Dancing*. The 42 year old is still understandably elated after topping the leader board with a slick cha cha in his first week. However Pete, who is the bookies' favourite to win the BBC show, isn't resting on his laurels. The singer tells OK! he's found learning the art of ballroom dancing much harder than the Latin routine of his standout debut. 'All I know about the quickstep is that it's quick and there's a lot of steps!' Pete jokes, adding: 'I'm nervous as it's something I've never done before, but I'll give it my best. I'm enjoying learning ballroom but I feel more comfortable with the Latin dances.'

By his side on our shoot is his beautiful wife Emily Andre, mother to his 20-month-old daughter Amelia. The couple married in a stunning ceremony at Mamhead House in Exeter in July after dating for nearly three years.

Emily, 26 – who in August began working part-time as a junior doctor at a hospital near their West Sussex home – says she couldn't be more proud of her husband, but admits she's been too overwhelmed to come to the *Strictly* set on Saturdays. 'I was more nervous than Pete and just can't watch him perform live. It's only because I care about him so much. I'd hate the idea of anything going wrong!' she tells OK!.

Pete's training with his *Strictly* dance partner, 32-year-old Janette Manrara, has slotted in well around the couple's happy home life. Pete's older children – Junior, ten, and eight-year-old Princess, who he affectionately calls 'Bista', from his marriage to Katie Price – spend half the week and every second weekend at their home, and the proud dad admits that he's been able to do the school run more than ever as the dance studio where he trains six days a week is so close by.

In fact, the children often watch their dad rehearse! 'Junior and Bista come down and they'll be doing the waltz in the background together while Janette and I practise – it's very funny,' a smiling Pete tells us.

Here, we sit down with Pete and Emily to chat about married life and feeling broody again, how she zaps his anxiety with pep talks ahead of the live shows, and their thoughts on the dreaded 'Strictly curse'...

Pete, you've been great on *Strictly* so far. How's training been going?

Learning ballroom was tough as it's a different world to me than Latin. I've had less time to learn the second routine as we had three weeks for the first show and just four days for the second! However, everyone is in the same boat, so I can't complain. I am a bit nervous but I'm trying to do my best. The show's harder than people think, it's full-on!

You got off to such an amazing start on *Strictly*...

Thank you. The first week was very important for me. There will be weeks when I don't know the dances as well but I feel like I can really put the passion into the Latin routines. I'm glad I gave it all my effort and I'm incredibly grateful for the judges' comments. I've just got to remain focused and I just want to enjoy every minute of it. I was so elated when the ▶

Pete and Emily wed in July almost three years to the day after getting together, with the singer saying: 'I'm glad we married this year – we can now plan our next child and our new home'

Above: Emily rang Pete straight after his first *Strictly* dance: 'I knew he'd be brilliant but he still made me so proud.'
Below: The pair with their daughter Amelia

EMILY WEARS DRESS BY TOPSHOP. PETE WEARS SHIRT BY ZARA, AND JUMPER BY ASOS



'WHEN THE SHOW'S OVER I JUST WANT TO BE WHERE MY HEART IS – AT HOME'



first show went so well that I was actually quite emotional.

How do you feel right before you perform?

Dying with nerves! Everyone's so supportive of each other, though. Although after the show all I want to do is go home and see my wonderful wife and baby. Mills [Amelia] was in bed when I got back last week but Ems and me had a cup of tea and ate chocolate and put our feet up – it was so nice.

So there's no after-party for you following the show?

Pete: My after-party is to be with my wife and kids. I'm so happy to be doing *Strictly* and I love everyone there, but when the show's over I just want to be where my heart is, at home.

Emily: I rang him straight after to tell him I was so proud. I knew he'd be brilliant but he still made me so proud!

Emily, where did you watch the first show?

Pete: Emily's so nervous for me she can't even watch me live. I guess she knows I can be a klutz sometimes [laughs]!

Emily: I was at home. Millie and I were in the bath and I was on speaker phone to my mum, who was watching it live. She told me that he was doing well and when it was over. I was more nervous than Pete and just can't watch him perform live. It's only because I care about him so much that I feel anxious for him. I'd hate the idea of anything going wrong, so only once I knew it was over and my mum told me he'd done well could I watch it. Before he left on the Saturday before the first show, he was incredibly nervous. I got anxious for him – I felt sick with nerves all day!

Pete: It's really sweet. I couldn't sleep the night before the first show. I woke up stressing and Emily gave me a pep talk. Basically, in the nicest possible way, she told me to get over it. I told ▶




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her if I went well it would be thanks to her calming me down. I'd put *Strictly* up there with one of the most nerve-wracking things I've ever done as it's out of my comfort zone!

Emily: He's not usually nervous when he sings, even at shows with 10,000 people, so it was strange for me to see him so nervous.

Pete: After her pep talk, though, I was fine, I was totally buzzing!

Emily: But he left me at home a nervous wreck!

Emily, when did you watch the first show?

I watched it at home on YouTube on the Monday following the show. I thought he was fantastic. I'm not taking away from his achievements but I knew he'd be excellent! Although I think he's feeling a lot of pressure now as he's the favourite to win.

Pete, did you mind that Emily didn't watch live?

She's my best friend. I know Emily so well and that's why nothing disappoints me about her. I knew she wasn't going to watch it before she told me. If I stay in [the competition] a bit longer and she feels comfortable, she'll come and watch. I told her to forget the first week and, if I'm still in, come down later on.

Emily, how often do you go and watch Pete's rehearsals?

I've been loads. On the days I'm not working, Millie and I will go down in the morning and pick him up later on. It's lovely to go down and support him. Millie loves it, too – she loves that daddy's dancing!

Pete: Junior and Bista come down and they'll be doing the waltz in the background together while Janette and I practise – it's very funny.

Have you practised any of your dance moves at home, Pete?



Pete and Janette cha cha'd to the top score on *Strictly*, with Emily admitting: 'I thought the pink suited him beautifully!'

Bista and Junior make fun of me and walk past me and do poses and laugh! Millie and I do a bit of a dance.

Emily: I ask Millie: 'What's Daddy doing at work?' and she replies: 'Daddy dancing!' It's so sweet. We mess about dancing together, too, but I have two left feet. The first dance at our wedding was the limit of my abilities!

Children aged 14 or under can't be in the *Strictly* audience. Are you sad that Junior and Princess aren't able to watch?

Pete: Oh I know, it is a shame. But Junior and Bista can come and sit in the Green Room. They'd love that as there's plenty of chocolate in there!

Did they watch the first show?

Pete: They loved it and Bista said to me: 'Actually, Dad, you can dance better than

I thought!' They just told me not to tell any more bad jokes or embarrass them!

Emily: How cool is it to have your dad at the top of the leader board on *Strictly*? They're not going to be embarrassed!

Pete, how's working with Janette?

Janette's the greatest teacher, she's awesome. She's tough in a very kind way. She's always telling me to practise again but we do have a right laugh. Her fiancé Aljaž [Škorjanec] is lovely, too, he's a very kind guy. I hang around with him on set more than I do with Janette!

Emily: Janette's really nice. She's sweet, not bossy.

Emily, did you have any reservations about Pete going on the show due to the '*Strictly* curse'?

My reservations were purely that it's such a big commitment and we've got a really busy family life. Plus I started a new job in August, so I worried about him not being around for three months – but that's actually not been too bad as he's rehearsing close to home. Truly and honestly, I have no worries about Pete in that respect. I've told him this many times. I completely trust him and he's absolutely loyal to me. So on that score, I'm not worried at all as Pete loves me and wouldn't cheat on me. I trust Pete 100 per cent and with my whole life and I know I have absolutely no worries.

And of course Janette's just got engaged to Aljaž...

Emily: Honestly, it wouldn't have mattered who he'd been partnered with. If he were the type of person who'd cheat, he'd cheat. Whoever Pete was partnered with, I would trust him and I told him that.

Pete: Emily knows she has nothing to worry about on that score! Janette is one of the coolest and kindest people I've worked with, but I love Janette's fiancé more than her! They're a lovely couple and I can't wait to have them over to our house for dinner.

Emily, last week you were quoted as saying of the *Strictly* curse: 'Pete is not like that, he is very loyal and I trust him completely. Maybe I'll be proved wrong but that's how I feel'...

Emily: I don't remember saying that! It's not the type of thing I'd say. I was frustrated when I saw that quote as it's hinting that I've got doubts and I absolutely don't have any doubts whatsoever! ▷

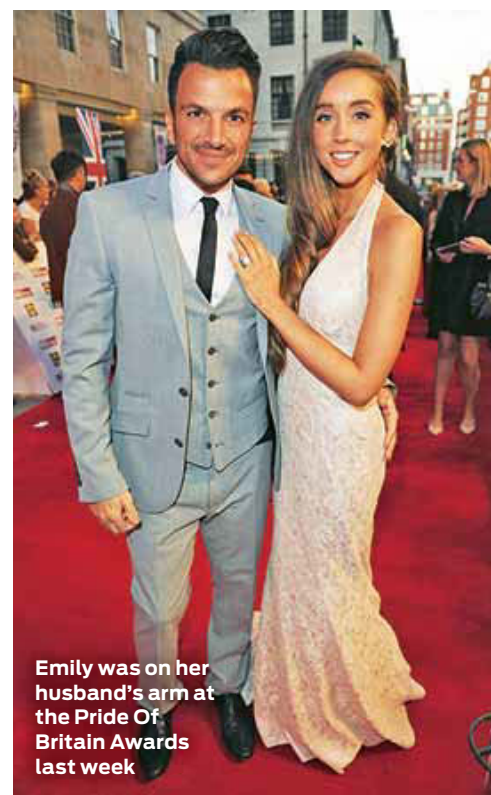


'I COULDN'T SLEEP THE
NIGHT BEFORE THE
FIRST SHOW... EMILY
CALMED ME DOWN'

Above: 'We mess about dancing together, but I have two left feet,' laughs Emily. Facing page: The pair at their Exeter wedding, where Emily called their first dance 'the limit of my abilities'!



Emily shrugs off any talk of the 'Strictly curse'. 'I trust Pete 100 per cent with my whole life, and I know I have absolutely no worries,' she says



Emily was on her husband's arm at the Pride Of Britain Awards last week

Pete is so trustworthy and honest and values our marriage so much. His parents have been married for 60 years and marriage is a sacred thing for him. It's crazy that people keep asking if I think Pete will cheat on me on *Strictly* – we're completely in love. The *Strictly* curse is a bit of media hype really – if you think of how many couples do *Strictly* and how many bad things actually go wrong, it's a small minority.

Pete, have you reassured Emily she has nothing to worry about?

She doesn't need reassuring – Emily's so not the jealous type. I'm absolutely besotted with her, she's the love of my life and she knows I'd never do anything to jeopardise our wonderful relationship. Ems is my best friend.

Do you feel for Janette and her fiancé Aljaž when you're asked about the curse?

Emily: I think they must be used to it. They seem so happy together and Janette clearly loves Aljaž so much – they are totally in love and she talks about him all the time so I have a feeling it doesn't faze them.

Pete: They're fine. They're so happy. I really respect Janette but I'm actually a bit scared of her as she's so strict! She feels more like a sister – we're similar in that we're both useless with no sleep, we both need our coffees and we're both always running late to rehearsals!

Pete, who do you think is your biggest competition on the show?

The standard's very high this year. Helen [George] could take the crown, she's an incredible dancer and she's really focused. It's funny how Aljaž is partnered with her!

Emily, are you keen to learn to dance with Pete now he's doing it?

We may go to dance classes together after this. I'm quite shy and Pete's passionate and intense and a real performer. When we were practising our wedding dance, he'd have this really intense stare. We have this joke that when he does that look I can't bring myself to look at him, as I get all shy because it's really sexy and I get a bit flustered! Usually there are other people around and he's doing it for a joke and then I have a hot flush – but

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'Sunday is my day off and it's a day to relax and not think about dancing,' says Pete. 'I switch off as soon as I come home and get into family mode'

I suppose it's good that I find my husband so attractive!

Pete: That's a compliment from the doc! It's true that Ems can't look at me as I can be a bit full-on when I'm dancing. Emily would be better with the ballroom numbers as they're more cheek-to-cheek, so there's no intense stares!

Did you have a nice time at the Pride Of Britain Awards last week?

Pete: Ems and I always love to get dressed up and go to such an important event, it's always such a great and emotional evening.

Emily: I normally get a bit daunted on the red carpet but I love the Pride Of Britain Awards and it's our favourite event to attend. I met the *Strictly* cast there, too, and they were all really lovely. I met Aljaž and he commented on how tall I was and jokingly said I'd need a tall partner when I do *Strictly*! Although I can't imagine I'd ever do it!

Pete, is it awkward between you and Jamelia? [Jamelia once called Pete's hit *Mysterious Girl* 'rubbish']

It's so weird, we've never even spoken about it! We get on really well. We both think each other's really sweet. That's gone! That's a long, long time ago. I have a lot of time for her and think she's great.

Have you had any surprise messages of support from celebrities, Pete?

People have been very kind. Loads of people sent amazing messages. Leigh Francis texted me straight after the first show telling me I did well and that he was proud of me. That was really nice. I'd like Gino [D'Acampo] and his wife down [in the audience] and Leigh and his wife.

Are your friends and family keen to go down to the studio too, Emily?

My mum went to the launch show. She's *Strictly*'s biggest fan so she's really excited!

Pete, you do dance training for seven hours a day, six days a week. Do you ever train for longer?

I need to justify being there. But Sunday is my day off and it's a day to relax and not think about dancing, which I try to do. I switch off as soon as I come home and get into family mode. I'm actually spending more time at home than I do with my other jobs [presenting *60 Minute Makeover* and recording new album *Come Fly With Me*].

What's your routine?

Pete: I get up with Mills every morning and we have breakfast. Then I go off to rehearsals, which isn't far from our house. I go and pick up Junior and Princess if it's my day – I pick them up from school more now as the studio's right near there. Saturdays are now a bit tough as Junior has football training, which I like to attend, but he plays the matches on Sunday and I go along to them. I have Junior and Bista exactly half the time. They come here on Wednesday and that's pasta night – they get so excited for that. I always want it to be a fun atmosphere and we always have pancakes on Saturday morning. We have a lovely routine and always have a great time. I remember the kids asking me six months ago if I worked because I crammed my work into the days when I didn't have them! Family life's so important to me. On the days Ems is at work, I'll cook and vice versa.

Emily: I'm so lucky that Pete cooks and cleans and has the kids when I'm at work. Of course, when he's at work and I'm at home it's a role reversal. We're a real team.

Pete, have you noticed a difference in your physique since starting training for the show?

I've lost about 3kg [6lb 6oz] so far. On my wedding day I was 73kg [11st 7lb] and now I'm 70kg [11 stone], but it doesn't show. If I don't eat loads in the day, I eat a lot at night. I used to eat and eat but I don't any more. I'm not hungry in the mornings so it's an achievement eating porridge!

Are you worried about losing too much weight as the weeks go on?

I'll be fine. I stopped doing weight training as I wanted to be limber for the first show, but

I think from next week I'm going to start adding some weights. Nothing is certain, but if I stay in the competition and they ask me to take my top off, I'd like at least a week's notice so I can pump a few weights [laughs]!

How do you feel about wearing the tight and skimpy outfits?

It's all fun. On the first night I broke the mould and wore brown and pink together! I was begging them to let me wear black but they told me to step away from the black. Plus I had to wear 1920s high-waisted trousers! I think Simon Cowell's secretly a fan of the show as he's been wearing those trousers for so long!

Emily: I thought the pink suited him beautifully, I was surprised!

Emily, are you giving Pete pep talks about looking after himself?

Pete's one of these annoying people who you need to remind to eat, so if he's dancing and he forgets to eat he's going to lose a lot of weight. I have had a serious talk with him – he does need to eat more and change his diet a bit. I'm cooking him lots of wholesome foods like beef stews which I'll sneak lots of butter and cream into. He normally just has coffee in the morning but I'm making him eat porridge. But really, my most important role is holding the fort at home and helping with the kids while he's busy rehearsing, which I'm happy to do.

It's been two months since your wedding. Has marriage changed you?

Together: It's exactly the same [both laugh]!

Pete: I wanted to give Emily and her family that security and I'm glad we married this year – we can now plan our next child and our new home. Our house is on the market and I'm determined to move now as I'd like some more land to give the kids a great outdoor life.

Did either of you have any 'post-wedding blues'?

Emily: Oh, I definitely did. It sounds silly but I started work the day after we came home from our honeymoon, so I had this feeling it was all over! When I got back from Greece I was devastated.

How's work going, Emily?

I'm really enjoying it. I've been studying for 20 years, so it's nice to finally do something that's using my education. I'm working at a hospital near home in the psychiatry unit. I'm working part-time at the moment, from Monday to Wednesday, and I do about 25 hours a week. The hours are quite unpredictable and I wanted to be around for Millie, and Junior and Bista, too. From December I'll be doing general duties, so there'll be more nights.



THIS PAGE: PETER WEARS SHIRT BY BURTON, EMILY WEARS DRESS BY TOPSHOP.
FACING PAGE TOP: EMILY WEARS JUMPSUIT BY FRENCH CONNECTION; AND CUFF BY
ASOS; PETER WEARS BLAZER BY ASOS; CHINOS BY NEW LOOK; AND HIS OWN T-SHIRT



Above: 'I love being Mrs Andre! It's a really lovely name,' smiles Emily. **Left:** The couple are 'hands-on' parents to their little girl and Pete's kids, Junior and Princess

Above: 'I want to take Emily away again when my time on *Strictly* comes to an end,' says Pete.
Below: The pair laugh off stories about their relationship being in crisis



Pete, there were reports that you're in line to be the face of a new ITV motoring show to rival *Top Gear*. Is that true?

Well, I have recorded a pilot for the show. It's a car show for the whole family as it's not just about car knowledge. Work's busy at the moment and I'm very grateful.

Who looks after Amelia while you're both working?

Emily: We've got a lovely lady called Jani who's been with us for years. She's known us since before I was pregnant and Millie adores her, so that makes my life a lot easier knowing she's happy while I'm at work.

Pete: We're very hands-on so when we're around we don't have help. But the kids love Jani, which is great.

Emily, how did you feel when you were leaving Amelia to go to work?

Last year I was finishing my degree and that was full-time, so this is actually easier! I actually feel a bit embarrassed doing part-time as all

the other junior doctors are full-time, but I found last year very hard being away from her from Monday to Friday.

Pete: Emily's too hard on herself. She's not only a full-time mother, she's a full-time stepmother, too, and she works, plus I'm working six days a week at the moment. We want to be with our kids and Emily really helps me by being around for my kids when I'm not there.

Emily: I thought long and hard about it and I decided that I've got my whole life ahead of me to focus on my career, and Millie's only going to be a baby once. I am 100 per cent sure I made the right decision.

Do you still get excited calling each other husband and wife?

Emily: Oh yes, it's still a novelty! I love it.

Pete: I get more excited calling Emily 'Mrs Andre'. All of her documents now read Emily Andre but her medical name will stay as MacDonagh, as whatever name you graduate with is used.

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PETER WEARS BLAZER AND SHOES BY ASOS; CHINOS BY NEW LOOK; AND HIS OWN T-SHIRT.
EMILY WEARS JUMPSUIT BY FRENCH CONNECTION; AND CUFF AND SHOES BY ASOS

Below: 'If the next baby's as easy as Millie then I'd probably have ten more!' admits Emily. **Right:** Pete's eldest kids, Junior and Princess, love coming to his *Strictly* rehearsals



Emily: I love being Mrs Andre! It's a really lovely name.

How do you deal with stories claiming your relationship is in crisis?

Pete: We just laugh at those stories!

Emily: I don't care. My absolute favourite story, which I still laugh about now, was when we first got together. It said we were on holiday and I got into a rage and threw Pete's phone into the sea! I'd never do something like that, I'm not stressy at all. I can sometimes be a bit bossy, but never stressy!

Emily, how was your recent birthday trip to Venice?

Pete surprised me and told me a couple of days before. We just wandered around the beautiful city and took a trip on a gondola, it was all very romantic.

Pete: I sometimes say to her: 'Pack your bags, we're going.' I love doing that. I want to take Emily away again when my time on *Strictly* comes to an end.

And what was the highlight from your honeymoon yachting in the Greek Islands?

Emily: All of it. It was so good. We hardly did anything or saw anyone – we were generally quite antisocial and it was great!

How was being away from Amelia?

Emily: We were only away for five days but it was the longest I've been away from her. It was manageable, but still hard. We did FaceTime quite a few times a day, though, and she was just fine with her grandparents.

What stage is Amelia at now?

Emily: She's doing well – we're just about mastering potty training. She's still quite young for it – she's not even two yet.

Pete: Amelia's doing great. She's growing up fast. She actually weighs almost half of Junior's weight as she's so tall!

Pete, last time we spoke you said you'd like to have another baby straight after getting married. Do you still feel like that?

I would like to start trying any time, like now [laughs]! The idea of having another baby next year would be really nice.

Emily: I want to see how my work's going next year. If it's going really well then I'd like to push on with it. I'm starting a busier job in December so I'd like to see how that goes, but there's definitely a chance we could have another child next year. Although there is part of me which feels like I've been training for so long and I would just like to crack on and get some more experience under my belt. I'm only talking about another year, but you never know, it would be nice for our children to be close in age. I think it'll either be next year or the year after.



Are you both feeling broody then?

Pete: I'm always feeling broody!

Emily: It's a difficult one for me as I love my time with Millie and I feel we have such good one-on-one time. I want to savour her while she's young and not have to share her with anyone else, except for with J and P and her dad, of course.

Pete: But Emily also knows I'm 42 years old and even though I'm happy to keep having children, I don't want to be 50 and changing nappies. I want any kids we have to have grown up a bit by then.

How many more children would you like?

Emily: We're so lucky with Millie, she's ridiculously well-behaved and sleeps through, so if we had another one who was difficult I'd have to see how I coped. However, if the next baby's as easy as Millie then I'd probably have ten more!

Pete: I don't want ten!

Let's see how we go with one more for now!

Pete, you've got a new album coming out soon. Tell us about that...

The album is out on October 16 and it's called *Come Fly With Me*. It's celebrating 100 years since Frank Sinatra was born. It's not just covers, though, there are four original songs on there. I have two full-on weeks of promo TV and signings. It's a worldwide deal and I loved recording it. I also did something for my dad on the album – a swing version of *Mysterious Girl* called *Mysterious Swing* which has the backing of a 30-piece orchestra. My dad was never a huge fan of the original and was always asking me when I'm going to grow up and wear a suit and tie, so I'm doing it for him! The tour will follow. We're doing some arenas, which I'm so excited about. I'm hoping to incorporate some of the *Strictly* dancing with the big band. I'd love to break out into the cha cha during a big band performance! **OK!**

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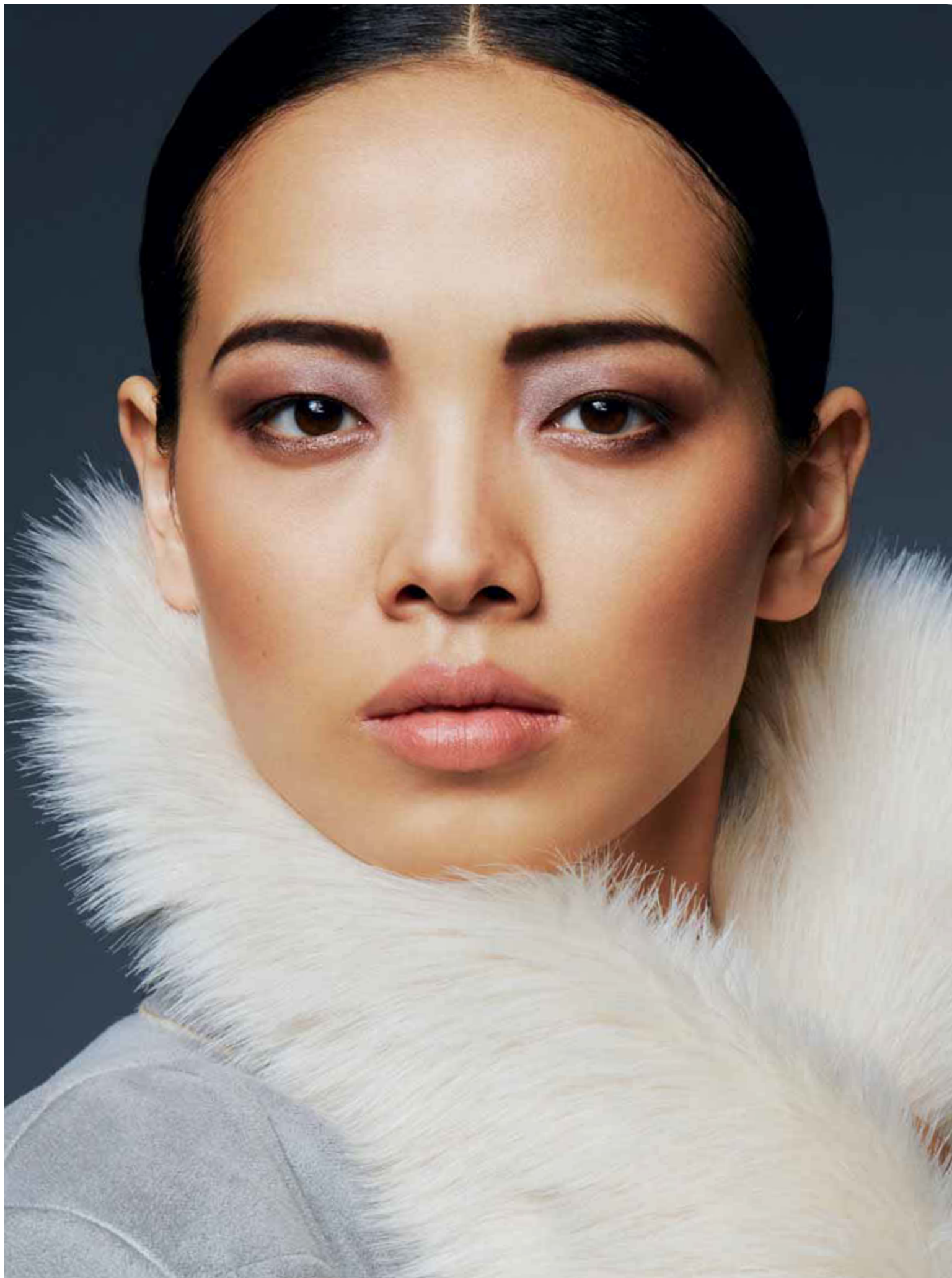
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THE SUPERMODEL MARRIES HER 'BEST FRIEND'

'HAPPIEST DAY OF MY LIFE'

**BAR REFAELI WEDS ADI EZRA
IN FRONT OF FRIENDS, FAMILY
AND INSTAGRAM FOLLOWERS
IN HER NATIVE ISRAEL**

Victoria's Secret model Bar Refaeli is always camera ready – and it was no different when she posed on her wedding day with her new husband, businessman Adi Ezra, 40.

The glowing bride wore a custom-made semi-sheer Chloé gown, complete with boho tassel and embroidered lace panels. The dress – which was hand-sketched by the designer (below) – reportedly required more than 150 hours of work.

Looking radiant next to her casually dressed groom following their traditional Jewish ceremony in Haifa, Israel, Bar shared a photo on Instagram (main), writing: 'The happiest day of my life! I married my best friend. Live, Laugh, Love together forever.'

The 30 year old, who dated Leonardo DiCaprio on and off between 2005 and 2009, said 'I do' to her man before 300 friends and family at the beautiful Carmel Forest Spa



Resort after arriving to the sound of Israeli singer Shlomi Shabat performing his song *At The Beginning Of The World*.

Rabbi Yitzchak Dovid Grossman performed the marriage, after which Adi stepped on a glass to seal the union as Bruno Mars' *Marry Me* played. Bar, who's been married before – for two years to Arik Weinstein aged 18 – changed into another Chloé gown for the party in a marquee decorated with purple spotlights and icicle lights.

The model courted controversy prior to her big day when she and Adi reportedly asked for the airspace above the nuptials to be shut down by Israel's Civil Aviation Authority.

But, putting her worries behind her, Bar flooded Instagram with images of her pre-wedding fun, including a snap of her second hen party which showed her body decorated with gold butterflies (below right), with the comment: 'This time tomorrow... I'll be dancing in white.' **OK!**



Right: Bar became Mrs Adi Ezra in a traditional Jewish ceremony last week. **Left:** The blushing bride



Below, right and far right: Bar had her fair share of hen parties with her pals





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OCEANS APART...

'I CAN'T WAIT TO SEE MY BEAUTIFUL WIFE'

DAVID BECKHAM REVEALS HE'S MISSING HIS WIFE AS WORK AND PLAY KEEP THEM AWAY FROM EACH OTHER



Above: Victoria Beckham and Naomi Campbell in New York. **Below right:** David (and his heavily tattooed hand, bottom) with Dave Gardner and his son Sailor

They say absence makes the heart grow fonder – let's hope that's the case for the Beckhams, whose busy schedules have been keeping them apart recently.

Last week, Victoria, 41, was in New York looking elegant in a long black dress from her own collection as she accepted the annual Fashion 4 Development Award. David, meanwhile, mingled with the stars at the Pride Of Britain Awards in London (see page 106), before jetting out to Dubai to open an Adidas HomeCourt store in the Mall Of Emirates.

However, quashing rumours that their marriage is on the rocks, the former footballer, 40, posted a sweet message as he shared a hilarious photo of him and his two friends (above right), including sports agent Dave Gardner, dressed as the late Queen frontman Freddie Mercury. He wrote: 'This is what happens when 3 queens get on the global express and think they are king Freddie. #beenawaytoolong. Long trip London, NYC, Miami, NYC, London, Dubai, London ... Can't wait to get home to see my beautiful wife and unbelievable children...'

He was keen to show his support for Victoria when she gave a moving speech at the UN Headquarters in New York in her role as goodwill ambassador for UNAIDS, saying: 'Proud of my wife today speaking at the UN Headquarters. Powerful speech along with some other incredible and powerful women on that stage...'

David had landed in the Big Apple five days ahead of Victoria's speech to celebrate



David shared this photo of himself, Dave Gardner and a pal as 'king Freddie'

the engagement of Dave Gardner and Liv Tyler. The actress posted some photos online (below left) showing David bonding with his godchild, Liv and Dave's seven-month-old son Sailor. One of the snaps was captioned: 'Sweet boys!!! Sailor having lunch with his daddy @davidgardner and his God daddy @davidbeckham.' David later shared a pic of him dining out with the couple, along with Noel Gallagher and his wife Sara MacDonald (bottom left).

Liv also shared a photo of David's heavily tattooed hand holding Sailor's tiny hand (below left). But while David's inkings are still growing, he revealed that his oldest son Brooklyn, 16 – who he confirmed is dating 'a really sweet girlfriend', rumoured to be aspiring French actress Sonia Ben Ammar – won't be getting any body art if Victoria has her way! He confessed: 'Brooklyn is like: "Okay, my first one is going to be here." Mum definitely steps in. She's like: "Don't be silly..."'

And it's not the only disagreement they've had about their kids. Referring to a discussion about cutting their four-year-old daughter Harper's hair, David said: 'About a year ago, my wife said: "Maybe we should cut Harper's hair. I was like: "No! We need to grow it. Do. Not. Touch."' **OK!**



Victoria is under David's strict instructions not to cut Harper's hair!



David dines out in New York with friends including Liv Tyler, Dave Gardner and Noel Gallagher and his wife Sara MacDonald



EVERY GREAT LOOK...

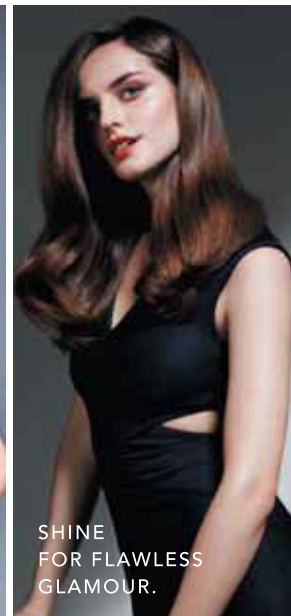


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TOM DALEY AND DUSTIN LANCE BLACK

HAPPILY ENGAGED!



Congratulations are in order for Tom Daley and Dustin Lance Black, who announced their engagement last week. The Olympic diver, 21, and his Oscar-winning screenwriter beau of two years, 41, revealed the news via a notice in *The Times* newspaper, which read: 'The engagement is announced between Tom, son of Robert and Debra Daley of Plymouth, and Lance, son of Jeff Bisch of Philadelphia and Anne Bisch of Lake Providence.'

Tom later put a photo of the announcement on Instagram (below) along with the pair's rings, captioning it: '#HeSaidYES and then #ISaidYES ♥ Thanks for all the lovely messages!' The couple (left) are yet to set a date for their nuptials, with Tom's mum revealing they are waiting until after the 2016 Olympic Games in Rio de Janeiro to plan the big day.



JEREMY KYLE AND CARLA GERMAINE

OFF-SCREEN DRAMA



Following the announcement of their split, it has been reported that the wife of TV host Jeremy Kyle, Carla Germaine, has had an affair. England polo player James Carr (below), 25, said he became friends with model Carla (pictured left with Jeremy), 40, after she took polo lessons with him three years ago. They apparently began sleeping together this year after he became single and while Jeremy, 50, was filming in America. 'It was just sex – it didn't mean anything. She was worried she'd get caught,' he revealed.

However, Jeremy, 50, blamed his upcoming divorce on 'growing apart' and revealed he and Carla had been living separately since the beginning of the summer. He also admitted last June that the pair – who married in 2002 and share children Alice, 11, Ava, ten, and Henry, six – hadn't had sex in months.



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JESSICA WRIGHT AND PETE WICKS

HOT NEW COUPLE?

What happens in Marbella certainly doesn't look like it's staying in Marbella, after Jessica Wright (above right) shared a kiss with 26-year-old Pete 'The Pirate' Wicks (right) during their recent trip to the Spanish party town at the beginning of the new series.

The *TOWIE* stars (right) have shared plenty of on-screen chemistry in the past and a source said: 'Jess and Pete have been growing close for a while but, while they kept insisting their relationship was purely platonic, things really heated up in Marbella.' They added: 'It looks like the holiday romance could be one that comes home with them.'

Before heading out to Marbs, 30-year-old Jess – who previously dated her former *TOWIE* co-star Ricky Rayment – was set on being single for the



new series. 'It's always hard to have a relationship on camera,' she said. 'I've had more fun on the show when I've not been in a relationship.'

ZAYN MALIK AND CARLYN BRYAN

MYSTERY GIRL REVEALED

Former One Direction star Zayn Malik caused an Internet storm last week after he posted a topless picture of himself cosying up to a mystery blonde on Instagram (right). It was first thought that the lucky lady was former *Teen Wolf* star Gage Golightly, but the 22-year-old actress was quick to dismiss the rumours online. The mystery girl – who bares a striking resemblance to Zayn's former fiancée, Little Mix singer Perrie Edwards, 22 – has since been identified as LA-based PR Carlyn Bryan.

According to a source, Carlyn gave 'no comment' when asked about the rumoured relationship and is said to want to keep it under wraps. The source added: 'It's early days but a romance is on the cards. They've socialised in the same place over the past year but their



bond has only progressed recently.'

Since splitting with Perrie in August, Zayn, 22, has been linked to singer Lily Allen (below left), 30, and model Neelam Gill (below right), 20.



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PUTTING THE 'STRICTLY' CURSE TO REST

'SEAN IS DEFINITELY THE ONE'

FORMER 'CORRIE' STARLET **GEORGIA MAY FOOTE** TALKS TWIRLING AROUND THE DANCEFLOOR AND BEING LOVED UP WITH **SEAN WARD**

She's been heating up the floor on this year's *Strictly Come Dancing* with her professional partner Giovanni Pernice, but at the Pride Of Britain Awards last week, Georgia May Foote was only too happy to gush about her real-life partner, actor Sean Ward. The actress looked stunning in an AQ/AQ white top and black maxi skirt (far right), which showed off her toned stomach, while boyfriend Sean, 27 – whose *Corrie* character Callum Logan was killed off in the soap's live episode recently – stayed at their London hotel.

With rumours swirling about her chemistry with Giovanni – with whom she shared a kiss during their jive in week one (left) – a smiling Georgia ignored claims that the 'Strictly curse' is about to strike, telling *OK!* that Sean is 'The One' and revealing he bought her a Tiffany & Co necklace for going on the show! The couple – who have been dating

since April – are said to have had a series of rows about Georgia's flirty first dance, but Sean publicly called the chatter 'rubbish' last week, saying: 'If I'm worried about a jive what about the paso doble?' adding: 'As actors, we're used to it.'

Georgia agrees, and says of her intimate dance with Giovanni: 'It's just dancing in acting form. I'm loving it, it's so much fun. Sean has been cheering me on.' Clearly full of pride for his girlfriend's footwork, Sean added: 'I'm proud of her, they're going to change the game next week. I've seen it and what they're doing this weekend is absolutely beautiful. Top of the leader board.'

Meanwhile, Italian-born Giovanni has also denied their dancing is anything other than innocent. The 25 year old said: 'I prefer blonde girls with blue eyes anyway. Georgia is a great dancer, but she has a boyfriend and he is a really nice guy.' He added: 'I've heard about the "Strictly curse" and have been warned about it. I think it just happens when people spend a lot of time together, but there isn't [a problem] with me.'

Just days after her impressive *Strictly* debut, 24-year-old Georgia and her boyfriend were looking lovey-dovey as they arrived at the Belstaff store launch in Manchester (left).



The actress and Giovanni Pernice scored a 27 for their jive – and some raised eyebrows over their staged kiss (below left)!

Here, the actress – who is one of the favourites to take home the coveted Glitterball – tells *OK!* all about toning up, why everyone's her competition and her romance with Sean...

Who would you say is your biggest competition on this year's series of *Strictly*?

I think everybody is! This year's one of the strongest years we've had in a long time. I wouldn't say it's just one person. I mean, Jeremy Vine had a massive energy and buzz in the first week!

Have you noticed any changes to your body shape since starting rehearsals?

Yes, definitely. It's getting a bit more toned up. But when you're dancing for ten hours a day it's going to happen. It's good and it's exciting.

Peter Andre told us he's enjoying eating whatever he likes...

I've never eaten so much in my life! I went to my mum's and had three bowls of pasta the other day and was still hungry. You just don't stop, so you need to constantly eat. I'm eating things like chocolate and pasta – all the things I know I can eat because I'm dancing so much. It's not very healthy!

Who are you getting on best with?

Everybody! We've got a big WhatsApp group that I started up, so we're all constantly in touch with each other. Kellie Bright is like my *Strictly* mum. Then you've got Ainsley [Harriott] who's the one who looks after us all.

How do you think Sean did in the live episode of *Coronation Street*?

He was phenomenal! I just left him at the hotel [tonight]. I was so proud of him. I don't know if I could have done that.

Is he the 'The One'?

Definitely. 100 per cent. I think he's amazing!

Is the necklace you're wearing from him?

Yes. It's a Tiffany & Co necklace that he got for me for doing *Strictly*. I love it. **OK!**

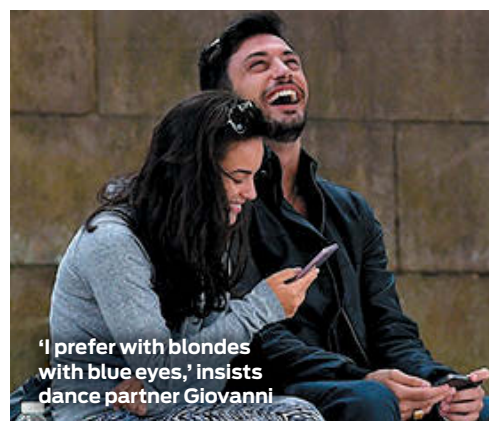
TURN TO PAGE 106 FOR MORE FROM THE PRIDE OF BRITAIN AWARDS. 'STRICTLY COME DANCING' IS ON BBC ONE ON SATURDAY AND SUNDAY NIGHTS.



The *Strictly* beauty stood out at the Pride Of Britain Awards wearing an AQ/AQ crop top and black skirt



Georgia and Sean cuddle up at an event in Manchester last week



'I prefer with blondes with blue eyes,' insists dance partner Giovanni

INTERVIEW BY BENJI POTTER, EDITED BY KIRSTY HATCHER. PHOTOGRAPHS BY BBC, FAME FLYNET, INSTAGRAM, PA, XPOSURE

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KYM AND MATT'S BABY DRAMA

Actress **KYM MARSH**'s boyfriend **MATT BAKER** has responded to claims from his ex-girlfriend **DANNI BALLARD** (right) that he fathered her unborn child. His statement comes after a reported encounter at the Trafford Centre in Manchester, where Kym, 39, and Matt (left) are said to have bumped into Danni as she shopped for baby clothes. Danni reportedly accused the 26-year-old personal trainer of shirking his responsibilities, but Matt has questioned whether he's the father and is said to want a paternity test. He posted on Twitter: 'After ending our relationship, I was then told at a later time by



Danielle Ballard that she was pregnant with my child. I have since been told by Ms Ballard that I am not the father. Upon finding out otherwise I will honour my position as a parent. I can categorically state that [the] breakdown of the relationship of myself and Danielle Ballard had nothing to do with Kym Marsh.'

OK! columnist Kym and Matt – who briefly dated at the end of 2013 after her divorce from actor **JAMIE LOMAS** – went public with their rekindled love after the *Corrie* actress split from fiancé **DAN HOOPER**.

TURN TO PAGE 86 FOR KYM MARSH'S EXCLUSIVE OK! COLUMN.

CHERYL CRITICISED BY AMANDA

Never one to bite her tongue, **AMANDA HOLDEN** has slammed **CHERYL FERNANDEZ-VERSINI**'s recent comment that body shaming should be made illegal.

Taking the *Only Human* singer to task, *Britain's Got Talent* judge Amanda said: 'It's a little stupid to

say it should be illegal.' The 44 year old (below) added: 'Where does it end? When you're in the public eye, you have to take the good with the bad... She wouldn't be on the [X Factor] panel if it wasn't for the papers.'

Cheryl (left), 32, was slated as a 'bag of bones' after she appeared noticeably slimmer at the auditions for this year's *X Factor*. The star – who insisted she was healthy – hit out, saying: 'I can take whatever they [the press] throw at me after 13 years, what worries me is what it's doing to the younger generation...'

The body shaming has to stop. It's bulls**t. Something has to be done, changed, even if it's done in law.' In an interview last week, Cheryl spoke out again about the 'crazy double standards' surrounding her weight loss, saying: 'You'd never be allowed to say to somebody: "Oh, you look a bit fat" – and being overweight is unhealthy.'



LAUREN'S MAN ARRESTED

Former *TOWIE* star **LAUREN GOODGER**'s boyfriend **JAKE MCLEAN** has been arrested on suspicion of money laundering and drug possession with intent to supply.

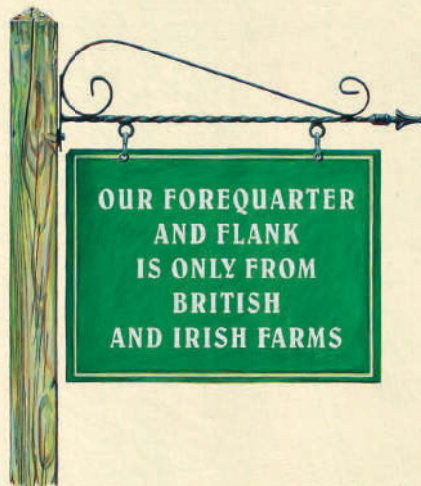
The property manager (pictured below with Lauren), who has been dating the 29-year-old star on and off for three years, was arrested

after a raid on his flat in Chigwell, Essex. He was subsequently questioned by authorities over an alleged £4.5 million scam. A spokesman for Essex Police said: 'A 26-year-old man from London was arrested in Chigwell on July 1 on suspicion of money laundering and possession of drugs with intent to supply. He was questioned and released on bail until

November 12 pending further inquiries.'

While a spokesman for Lauren – who met Jake through friends – said she did not want to comment, she did tell OK! in July that she 'can't wait to be the mum of Jake's children'.





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THE BRIT CROWD

MUM'S THE WORD FOR KATHERINE



Singer **KATHERINE JENKINS** and her husband **ANDREW LEVITAS** have welcomed their first child, a little girl called Aaliyah Reign.

The 35-year-old Welsh-born mezzo soprano gave birth in New York and couldn't wait to post a series of sweet images of her new arrival to Instagram.

Sharing three photos of the precious newborn, including one of her tiny foot and another of her fingers (all top), she wrote: 'Introducing our daughter Aaliyah Reign Levitas, who came loudly into the world weighing almost 7lbs and surrounded by love. We are absolutely besotted with her & grateful for the beautiful blessing of this happy, healthy, little miracle.'

Her husband also shared the same images on his Instagram, with the message: 'Mummy is recovering well and Daddy couldn't be prouder of his two gorgeous princesses.'

The new parents got married at Hampton Court Palace last September after dating for seven months.

DANIELLE MAKES THE BOYS WINK!



While other celebrities were painting the town red, **DANIELLE LLOYD** was covered in pink body paint as she was revealed the ambassador of Zeo Pink in honour of Breast Cancer Awareness Month.

The 31 year old showed off her figure dressed in nothing but a beaded thong, nipple pasties, satin gloves, a flamboyant headdress and tail feathers (above). Just a day earlier, the Liverpoolian mum of three looked her usual sophisticated self when she attended the Pride Of Britain Awards in a white floor-length gown from MiAmor Boutique. Sharing a selfie with **SIMON COWELL** (above right), she wrote: 'Just bumped into this one... baby chat.' She's also been sharing a series of loved-up selfies with her new man Michael O'Neill (right), hinting it's getting serious!



KRISTINA'S SECRET HEARTACHE



Dance siren **KRISTINA RIHANOFF** has revealed how she grew up with an alcoholic mum, who she once saved from an overdose.

The 38-year-old *Strictly Come Dancing* star, who is partnered with singer **DANIEL O'DONNELL** (bottom right), describes her tormented childhood in her new autobiography, *Dancing Out Of Darkness: My Story*.

She reveals how her mum Larisa (right) struggled with alcohol and depression after

losing her job and divorcing her father Igor. 'It was a horrible time. At 13 years old I felt completely alone and I was dealing with a mother who was an alcoholic. I will never forgive my dad for that,' she writes.

The dancer, who is now dating her former *Strictly* partner **BEN COHEN** (above right) says she also saved her mum from an overdose

of sleeping pills when she was 17. 'I called the ambulance then made her throw up all she could.'





good to know

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WITHOUT A 'SOGGY BOTTOM' IN SIGHT!

PIPING BAGS AT THE READY!

AHEAD OF THE HOTLY CONTESTED 'GREAT BRITISH BAKE OFF' FINAL, WE GIVE THE LOWDOWN ON THE THREE BAKERS VYING FOR VICTORY



TAMAL RAY

Age: 29 Lives: Manchester

The unflappable trainee anaesthetist, who learnt the basics of baking from his older sister, came out as gay after being bombarded by innuendo-laden tweets from female fans. Asked if he had a girlfriend, he said: 'I wouldn't have a girlfriend, I would have a boyfriend. But I am single at the moment.' Clearly enjoying the attention, he also tweeted: 'Some of the lustier tweets have had me crying with laughter. Also glad my folks aren't on Twitter! #GBBO #blushingbaker.'

Tamal added that *Bake Off* is a popular topic among patients at Wythenshawe Hospital. 'It's a great ice breaker,' he said. 'In the morning I see my patients on that day's operating list, and talking about *Bake Off* helps with the tension a bit.' And colleagues have been enjoying his baking efforts: 'I made some muffins recently and they all went mad for them.'

Best moment: Winning Victorian Week with his *Downton Abbey*-inspired Charlotte Russe dessert. Paul Hollywood was so impressed he shook Tamal's hand.

Worst moment: When his gluten-free pita bread took a turn for the worse. A disheartened Tamal could be heard muttering: 'This. Is. Rank.'



IAN CUMMING

Age: 42 Lives: Great Wilbraham, Cambridgeshire

Part-time travel photographer Ian's first foray into baking was when he decided he'd like to make bread for his family – he's also a house husband to his two children, Zoe, eight, and George, five.

He's now so keen on baking that once, while working in Sudan without access to an oven, he built his own out of tin cans and mud and proceeded to bake a pineapple crumble in it.

Bizarrely, foodie Ian is the official photographer of the Dalai Lama, and instead of toys he once brought his children a whole Iberian ham back from Majorca!

Best moment:

Level-headed and consistent, he's won star baker an astonishing three times. Ian's known for his clever use of herbs and daring recipes such as his 'roadkill pie'.

Worst moment: Judges Mary Berry and Paul Hollywood hated the first two things Ian ever cooked in the tent, with Mary describing his walnut cake as 'granular'.



NADIYA JAMIR HUSSAIN

Age: 30 Lives: Leeds

Nadiya was a favourite from the start, despite her early fears she'd be dismissed by viewers as a 'Muslim in a headscarf' – there's even a website devoted to her many facial expressions! The mother of three young children, who's studying for an Open University degree in Child and Youth, said: 'Just because I'm not a stereotypical British person, it doesn't mean I am not into bunting, cake and tea. I'm just as British as anyone else.'

She's been baking for ten years and even though her dad runs a Bangladeshi restaurant, she's the one her family go to for their sweet treats. 'We don't really have desserts in our culture,' says Nadiya. 'Once I started to make desserts, crumbles and pies at home, it caught on. Now my family always expect one.'

Best moment: Keeping her calm when a 'mortified' Sue Perkins accidentally trashed her biscuit 'dome'. Nadiya told her: 'If I leave, you're coming with me.'

Worst moment:

Sobbing as she presented her 'deconstructed' vol-au-vents after two attempts with the puff pastry, which Sue compared to 'buttery cellulite'. **OK!**



THE FINAL OF 'THE GREAT BRITISH BAKE OFF' IS THIS WEDNESDAY (OCTOBER 7) ON BBC ONE AT 8PM.

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OK! EXCLUSIVELY JOINS THE STARS

'I WAS WELLING UP WATCHING SOME OF THE FOOTAGE'

DAVID WALLIAMS HOSTS AN EVENING OF FUNDRAISING AS CELEBRITY GUESTS ARE MOVED TO TEARS AT THE NEPAL YOUTH FOUNDATION GALA



Above: David Walliams with Alesha Dixon, who later performed (right)

Stars of *Strictly Come Dancing*, *The X Factor* and *Britain's Got Talent* united last Thursday night for a glittering gala in aid of the Nepal Youth Foundation UK. Held at London's historic Banqueting House, the evening – exclusively covered by *OK!* – was hosted by *Britain's Got Talent* judge David Walliams and swathes of stars from the worlds of music and TV were in attendance, eager to support this brilliant cause.

After a delicious dinner, the celebrity-studded audience were treated to a luxury auction where lots included the chance to appear in *OK!* magazine. Alesha Dixon, who looked breathtaking in a sequined mini dress, then took to the stage to perform.

The stars in attendance – including *Strictly Come Dancing* hopeful Jamelia, *The X Factor* judge Nick Grimshaw, pop star Sophie Ellis-Bextor and Girls Aloud's Nicola Roberts and Kimberley Walsh – were very vocal in their passionate support of the charity's work. 'When you become a mum yourself, the plight of these children is all the more moving – I was welling up watching some of the charity's footage just now,' said Kimberley, who wowed in a pink lace dress. 'Children's charities always resonate more when you have children yourself,' agreed pregnant mum-of-three Sophie Ellis-Bextor, 36. 'You immediately feel that those children could be your children and you feel you must help.' Mum-of-two Jamelia, 34, agreed: 'It's very easy to get complacent. Just a tiny amount of money or support can make such a huge difference that you realise you have to help.'

Nepal Youth Foundation UK was founded in 2013 by husband and wife Simon Russell and Gina Parker. The duo met and bonded over their shared interest in helping the children of Nepal, a cause which has become even more pressing since the earthquake which devastated the country earlier this year. Their fundraising efforts – such as this gala – hope to achieve access to healthcare and education for all Nepalese children, and help all the children of Nepal, the girls in particular, to achieve their potential. The charity has just launched the second phase of their Help The Survivors Survive campaign, which concentrates on efforts to rebuild homes and schools following the devastating earthquake in April which claimed the lives of over 9,000 people.

Nick Grimshaw was taking time out from working on this year's *X Factor* to attend the event, and confessed he was most excited to see David Walliams' hosting skills. 'He makes me laugh even before he speaks. I just associate him

with funny,' he said. We took the opportunity to find out how 31-year-old Nick's boys category are getting along ahead of the live shows, too, with the DJ revealing: 'The boys are so much better than I thought they were going to be, just loads better. I wasn't gutted when I got the category and since I've been working closely with them I've realised we've got six incredibly strong boys. I think I've got a winner in there – in fact, I know I have!'

Hanging out with Nick was 30-year-old Nicola Roberts, who looked stunning in a monochrome knee-length dress. Nicola confided that she was so





Nicola Roberts, Nick
Grimshaw, Jamelia, David
Walliams and Kimberley Walsh



Above: Jamelia, David Walliams and Kimberley Walsh. Above right: Melvin Odoom and Sophie Ellis-Bextor



happy her bandmate Cheryl Fernandez-Versini had found such a good friend in fellow judge Nick. 'Cheryl's been telling me how great the new panel is and how obsessed she is with Nick. She says he's a revelation,' said Nicola. 'It's lovely for me to know that Cheryl has Nick there as someone to look out for her as they're literally spending 20 hours a day together filming the show.'

Nick nodded in agreement and added: 'We don't hang out off camera because our filming days are so long that there literally is no off-camera time. But we hang out all day. It's so boring!' Despite rumoured tension between him and Simon Cowell, Nick insisted: 'People want there to be beef and arguments and disagreements but everyone's lovely and has been incredibly welcoming and lovely to me. Particularly Cheryl and Simon, who are the mummy and daddy of the panel – they call me every day.'

When we ran into *Xtra Factor* presenter Melvin Odoom, 35, later on in the evening, he couldn't hide his excitement at the impending live *X Factor* shows. 'Live is where anything can happen,' he said. 'I remember Dermot [O'Leary, former host of *The X Factor*] telling me: "It's not about whether or not you make mistakes, everyone makes mistakes, it's about how you recover from them and cover them up," so I'm trying to live by that.'

Superstar singer Jamelia arrived on the arm of her hunky new boyfriend, actor Jean-Louis Pascal – and the photogenic pair looked extremely loved up as they posed together. Earlier in the week, she said of her relationship with Jean Louis: 'This is the big one. We've only been together four months but already marriage has been mentioned.' But she came over all shy when we questioned her on whether wedding bells were ringing. 'We'll see. Moving swiftly on....!' she giggled. We also took the opportunity to ask the leggy singer how *Strictly* rehearsals are going. 'I'm not going to lie, they're brutal,' she confessed. 'Every part of my body hurts. I may be standing here looking normal but in fact I'm in agony. I'm loving going to rehearsals even though I know I'll be crawling out of there at the end of the day!' The singer, who's dancing with Irish professional Tristan MacManus, went on: 'I don't have an aim for *Strictly*, I genuinely just want to do my best and to learn as many dances as I can – I know that sounds clichéd! I was gutted with my scores in the first week but it did give me a big kick



Above: Nicola Roberts and Jameela Jamil. Above right: George Lamb and Nick Grimshaw. Right: Britain's Got Talent's Jack Pack





Above: Nick Grimshaw with auction winners Storm Shepherd-Riggs and Ian Riggs. **Below:** David Walliams and auction winner James Bristow



Above: Girls Aloud bandmates Nicola Roberts and Kimberley Walsh. **Above left:** Jamelia and Jean-Louis Pascal

up the bum to work harder so hopefully that will show in my performances going forward.'

Kimberley Walsh, 33, who was the joint runner-up in the 2012 series of *Strictly*, confessed she hadn't had time to catch up with the first few episodes of the BBC One dancing show, revealing: 'I've been so busy with rehearsals for [West End show] *Elf* that I haven't had time but I have set my Sky Plus!' she said. Rehearsals were going 'well' she added. 'I've been tap dancing away every day, it's exhausting, but I'm loving it and I can't wait for everyone to see it – it's going to be a great show,' she said. 'Bobby [her one-year-old son with fiancé Justin Scott] is a bit young to come to the show, he'd probably scream all the way through, hopefully he can come to a rehearsal, though, so he can run wild in the aisles of the theatre.' She was seated next to her bandmate Nicola during the dinner, and said the evening had also been a great excuse to catch up. 'We've been able to see quite a bit of each other recently which is lovely,' she said.

At eight months pregnant, Sophie Ellis-Bextor dazzled on the red carpet in her eye-catching outfit. 'The jumpsuit is ancient vintage from eBay but the shoes and Miu Miu,' she smiled. 'Cheap outfit, expensive shoes is my motto!' When we asked how her pregnancy was going, Sophie – who has three sons with her husband Richard Jones – said: 'I like this bit of pregnancy. I don't know whether it's a boy or girl, I'm just hoping for a chubby baby as I've had two who were very premature and tiny [eldest sons Sonny and Kit], so this time I'm hoping for a chubby fat one!' The singer added that she's been in the studio putting the finishing touches to her sixth album, saying: 'It will be out in the New Year. I will take some time off when the baby's born but I've been gigging and DJing right the way through the pregnancy. I'm feeling good.' A wonderful night for a wonderful cause! **OK!**

FOR MORE INFORMATION OR TO DONATE, VISIT WWW.NEPALYOUTHFOUNDATION.ORG.UK.

REPORT BY CLARE GERAGHTY
PHOTOGRAPHS BY MARK MOODY

HOLLYWOOD CONFIDENTIAL

ALL YOU NEED TO KNOW ABOUT THE LATEST TINSELTOWN GOINGS-ON...

JIM 'SHOCKED' BY EX'S SUICIDE

Hollywood hero **JIM CARREY** is in shock after his ex-girlfriend **CATHRIONA WHITE** tragically took her own life last week. The 30-year-old make-up artist, who was originally from Ireland, was found lifeless at her California home after an apparent overdose. She wrote a suicide note which mentioned the Hollywood actor, but no other details have been revealed. Jim and Cathriona (right and far right) first starting dating in summer 2012, splitting for the first time in March of the following year. They subsequently rekindled their relationship but



parted ways again just before she took her own life. Days before her body was found at her home, she tweeted: 'Signing off Twitter, I hope I have been a light to my nearest and dearest.'

The 53-year-old actor has released a statement saying the news of her death was like being hit 'by a lightning bolt'. He went on: 'I am shocked and deeply saddened by the passing of my sweet Cathriona. She was a truly kind and delicate Irish flower, too sensitive for this soil, to whom loving and being loved was all that sparkled.' It has also been revealed that Cathriona, a Scientologist, had been taking 'survival' courses at the religious centre in the past few months.



GWYNETH'S KISS FOR CHRIS

Showing you really can remain friends with an ex, **GWYNETH PALTROW** and **CHRIS MARTIN** were spotted hugging after celebrating the actress's 43rd birthday together. Despite just last week confirming she's officially dating US TV producer **BRAD FALCHUK**, 44 – after he posted a smiling selfie of the



pair (left), captioned: 'My date and I' – Oscar-winning Gwyneth and the 38-year-old Coldplay



front man looked closer than ever (right and below right).

Earlier in the week, Gwyneth had taken their children Apple, 11, and Moses, nine, to see their dad perform alongside **ED SHEERAN** on stage in Massachusetts. She shared a snap (below), which showed the back of the blonde kids' heads, and captioned it: 'Baby daddy in a sweet duet with the immensely talented #edsheeran.'

Last year, Gwyneth said of Chris and their two children: 'We are and always will be a family, and in many ways we are closer than we ever have been.'



SANDRA'S A MUM AGAIN

She's already mum to adopted son Louis, but according to reports **SANDRA BULLOCK** has welcomed a second child into her family.

The actress was spotted out and about with a baby girl last week, leading to rumours that she has made the decision to adopt again.

Opening up about her close bond with five-year-old Louis (right), who she adopted in 2010, Sandra revealed: 'People go: "Your adopted son." I go: "Please don't say that. He is my son!" I would give my life for him.'

The happy news came just a day after 51-year-old Sandra's model and photographer boyfriend

BRYAN RANDALL (right) reportedly moved into her Beverly Hills home. The pair are believed to have been seeing each other for several months and recently enjoyed a double date with Sandra's close friend **JENNIFER**



ANISTON and her husband **JUSTIN THEROUX**.

The romance is the Oscar-winner's first public relationship since her divorce from motorbike customiser **JESSE JAMES**, who she split from in 2010 following claims he had cheated on her with other women.





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NAPPY DAYS FOR KEIRA AND JAMES!

Actress **KEIRA KNIGHTLEY** and her husband **JAMES RIGHTON** have been spending family time in New York with their five-month-old daughter Edie. Keira, 30, who has relocated to the US for her Broadway debut in the play *Theresa Raquin* (below right), seemed completely smitten with both her musician husband and their little one during the outing. The Teddington-born actress looked stylish in a pair of cropped black trousers, a black vest top and a pair of over-sized shades (left).

The new mum was enjoying the break before taking to the stage in the play, in which she plays the title character. But despite a triumphant opening night,

the actress's performance was momentarily interrupted by a male audience member, who shouted out a marriage proposal to Keira just minutes after she had taken to the stage for the first time!



ARE THE CLOONEYS GETTING BROODY?

Two days after celebrating their first wedding anniversary with a low-key dinner, **GEORGE** and **AMAL CLOONEY** stepped out at the New York Film Festival. Amal, 37, looked gorgeous in a bright green Versace dress teamed with Jimmy Choo shoes (right), while hubby George, 54, confessed he hadn't brought his human rights lawyer wife an anniversary gift. 'This is the paper anniversary, you don't want to go too crazy on the first,' he laughed of the milestone.

Meanwhile, George's close friend **CINDY CRAWFORD** has revealed that her husband – George's best pal **RANDE GERBER** (right) – thinks George might be ready to become a dad. 'Rande always said he will [have children] when he meets the right girl,' said Cindy. 'George has surprised me, so who knows. I would never say never!'



The Clooneys are in the middle of a £10 million renovation of their Grade II-listed Berkshire property, much to the chagrin of some neighbours. One reportedly said: 'I think the building work is disgusting and it's starting to drive me mad!'



OOH LA LA, KENDALL

It's been another busy week for the **KARDASHIAN** clan. Model **KENDALL JENNER**, 19, stepped out in a barely-there sheer Balmain pantsuit at Paris Fashion Week (left and below left) as she headed out to dinner with **GIGI HADID**.

Meanwhile, seven-month pregnant **KIM KARDASHIAN**, 34, mum to two-year-old North, appeared on *The Ellen DeGeneres Show* to discuss baby names for her and **KANYE WEST**'s new arrival – she's keen on the name Easton West. 'I don't think my husband likes that name, but I do,' she told Ellen (bottom). Thankfully she's ruled out South, saying: 'Every time someone says South, I just want to roll my eyes.'

Meanwhile, **KOURTNEY**, 36, has reportedly not let her children Mason, five, Penelope, three, and Reign, nine months (left), meet her recently transitioned stepdad **CAITLYN JENNER**.

'Caitlyn feels rejected by her,' said a family friend. **KRIS JENNER** has also admitted she's still upset at losing her ex-husband Bruce, revealing on *Keeping Up With The Kardashians*: 'I still have a long way to go.'



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'AT 15 THIS TERRIBLE WAVE OF DEPRESSION HIT ME'

CARA DELEVINGNE ON HER 'SAD' UPBRINGING, NOT WANTING TO GROW UP AND HOW ACTING MAKES HER FEEL 'ALIVE'

Since quitting the catwalk in August at the height of her fame, there's been no doubt that Cara Delevingne's acting career will soon outstrip her fashion credentials. After a brief but promising debut as a Russian princess in the 2012 film *Anna Karenina* starring Keira Knightley, the 23 year old appeared in the psychological thriller *The Face Of An Angel*, before wowing critics as angsty teen Margo in *Paper Towns*. Now Cara is set to appear in the upcoming movie *Pan*, a fantasy adventure prequel to the classic story *Peter Pan*. Playing an ethereal mermaid alongside Hollywood A-listers Hugh Jackman and Amanda Seyfried, the heavy-browed beauty stole the show at the film's glitzy London premiere last month wearing a feathered black dress that showed off her slender legs (below).

But life for Cara hasn't always been so good. In a recent interview she shockingly – yet candidly – revealed how she'd self-harmed in her youth. 'I would slam my head against a tree to try to knock myself out,' she said. 'I never cut but I'd scratch myself to the point of bleeding. She also revealed how she'd even considered suicide, saying: 'I was packing my bags, and suddenly I just wanted to end it.'

However, the starlet has been much more content in recent years and much of her happiness can be ascribed not just to her love of acting, which she has defined as 'like being constantly in love', but her personal life too. The star has made no secret of her feelings for her US musician girlfriend St Vincent, 32, and the pair looked seriously smitten at London Fashion Week recently. Cara said: 'I think that being in love with my girlfriend is a big part of why I'm feeling so happy with who I am these days.'

Here, Cara talks about the sadness of being raised by a mother addicted to heroin and why she hopes she'll never grow up...

We know you as a successful model but you've said that acting has always been your dream. When did you first discover that you loved it?

I was in kindergarten as a five year old and I performed a long monologue during a Christmas play. As a child I was never happy being myself and I always wanted to put myself in someone else's shoes. I was the youngest child in my family and I was always observing people and mimicking them.

What is it about the *Peter Pan* story that fascinated you the most?

I love *Peter Pan*. He's a character I've always loved because I think it's wonderful to be able to keep one's childish side. There are many 50 year olds I've gotten to know well and they often act younger than me in many ways.

Is it a question of remaining in contact with your innocence for the rest of your life?

It's all of that. Keeping the kid inside you is also a way of keeping your creativity and spontaneity. That's why I never want to grow up. I want to be able to stay very alive and open.

Does acting give you the chance to embrace your own childlike self?

I think it does. It also allows me to indulge my sense of feeling liberated when you can throw yourself into the world of another person. Whenever I start work on a new film I feel like I'm able to create this new world for myself and start a new adventure. I remember how much I enjoyed travelling to new places when I started modelling, and acting is a much more intense and enjoyable way of experiencing that.

How did you first get into modelling?

The father of a friend of mine who owns an agency arranged a casting. My sister Poppy had already been working as a model, even though I hated the idea of copying anything she would do. I kept on modelling because it had become a career and I wanted to show that I could be good at it. The fame and everything that came with it was something I never expected and it felt strange to be so recognised for something that was never really my goal. But it was still an amazing experience.



Cara only has eyes for St Vincent at the Burberry Prorsum show at London Fashion Week recently

How would you describe your childhood growing up in a wealthy family?

Pretty sad. My mother battled a heroin addiction for years and is now writing her memoir. As a child I suffered a lot because I wasn't able to spend very much time with her, and then at 15 this terrible wave of depression hit me. School was a nightmare for me and life felt awful. That's when I discovered that acting was my only way to feel alive.

One of the qualities the public loves about you is your willingness to speak openly...

I find that always watching what you say in public is a huge waste of time and really a horrible way to live because it's so restrictive. I know people who are very preoccupied with what they say and do, and try to say what the public wants to hear. I can't live that way. The only real limit I have is what I say about my private life.

Is it hard when you want to be honest but in the back of your mind you have to think about how some people might turn your comments against you?


That's the hardest part. It's not easy to live the way you want to or to expose your flaws. I know that something I might say either because I'm trying to be funny or because I'm tired or in a bad mood might get me into trouble and then people feel entitled to judge you. I still think, though, it's easier for me to be myself and be willing to say I am who I am. **OK!**

'PAN' OPENS IN CINEMAS ON OCTOBER 16.



Cara with her *Pan* co-stars Rooney Mara and Hugh Jackman at the film's world premiere in London

INTERVIEW BY VERONICA PARKER/FAMOUS, EDITED BY KIRSTY HATCHER. PHOTOGRAPHS BY BRYAN DERBALLA/NYT/REDUX/EYEVINE, GETTY IMAGES, REX



'I never want to grow up,' says Cara. 'I want to be able to stay very alive and open'

'LET'S CRACK ON'

HARRY HITS THE ROAD

PRINCE HARRY STRAPS ON HIS BOOTS FOR WALKING WITH THE WOUNDED, AS HE REVEALS HE HAS NO PLANS TO SETTLE DOWN

Prince Harry appears to have brushed off rumours that he's rekindled his romance with former girlfriend Cressida Bonas, revealing that he isn't ready to settle down. The pair called time on their two-year relationship in March. However, speculation that they were giving things another go was rife last month after actress and model Cressida joined Harry at his 31st birthday celebrations in London.

The fifth in line to the throne – who last week turned out to support Walking With The Wounded for part of a 1,000-mile trek – revealed: 'There are a lot of things to get done before settling down. Everyone looks forward to settling down but in the meantime it's work as usual so let's crack on.'

Earlier in the week, Harry joined the Duke of Cambridge and sister-in-law Kate at the England versus Wales Rugby World Cup match at Twickenham. The famously close brothers turned rivals for the day with Harry – who is honorary president of England Rugby 2015, the organising committee for the tournament – looking thoroughly unimpressed as William and Kate sung along to the Welsh anthem ahead of the match.

After Wales's dramatic 25-28 victory, Harry looked dejected while William – who is vice-patron of the Welsh Rugby Union – and Kate, both 33, celebrated the win. Despite the obvious friendly competition, the trio were spotted sharing plenty of laughs as they joined 82,000 fans for one of the most hotly anticipated matches of the competition. Just days before the clash, William had joked to the Welsh team that he needed them to win in order to get one over on Harry, saying: 'Unfortunately, I will be watching you with my brother, so I need a Wales win more than ever.'

Meanwhile Cressida proved just why she's earned her stripes as a fashion icon as she turned out in a chic white shift dress for the Dior catwalk show during Paris Fashion Week (top left). **OK!**



Cressida dazzles in Paris



'There are a lot of things to get done before settling down,' says Harry



Above and left: Apart from a tense moment during the singing of the Welsh national anthem (above left), the rival royals were all smiles at the rugby

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'I LOVE AUSTIN BUT I'M VERY SURE OF MY SEXUALITY'

'CELEBRITY BIG BROTHER' WINNER JAMES HILL TELLS OK!'S PHIL GOULD ABOUT THE BROMANCE THAT HAD EVERYONE TALKING, WHY WE GOT HIM ALL WRONG ON 'THE APPRENTICE' AND HOW HE TURNED HIS LIFE AROUND

When we arrive at the home of *Celebrity Big Brother* winner James Hill, he is enjoying some rare downtime after being caught up in the whirlwind of publicity, personal appearances and photoshoots that come after winning the well-known show. The 28-year-old businessman seems relaxed as he welcomes us into his self-proclaimed bachelor pad on the edge of the Peak District in Sheffield. During the show's four-week run, James won himself a legion of new fans over his bromance with American reality star Austin Armacost. He also seemed a very different person from the joker that appeared on *The Apprentice* in 2014 – in the house, he appeared to be more of a peacemaker on a very war-torn celebrity battlefield.

The eldest of three children, James has a younger brother George, 25, and sister 21-year-old Charity. His parents, Penny and Jason, split when he was just a teenager after the family business went under. James admits that these events played their part in him going off the rails which culminated in him being found guilty of two public assaults when he was just 18, something he now bitterly regrets and is glad to have moved on from. But the young entrepreneur feels that he has now grown up and turned his life around after those dark days. As James shows us around his two-bedroom flat in a hall that is believed to date back to the early 1600s, his grandad Tony – who James describes as 'a legend and my best friend' – arrives with his main man Rocky, his six-year-old Japanese Akita dog, who Tony has been looking after while James has been away.

Here we catch up with the *CBB* winner to hear about how he and Austin will only ever be good friends, his traumatic teenage years and why a certain Ms Wright might just be his Mrs Right...

What has life been like since you left the CBB house?

It's been a whirlwind. I have been doing photoshoots, interviews and PAs. I did *The Wright Stuff* the day after I came out of the house. I went to bed at 6am and then had to get up 45 minutes

later to go to the studio! But I have been enjoying the experience.

Have you been in touch with anybody since you left the house?

Austin – I am seeing him tonight, bless him [at the National Reality Television Awards]. Bobby Davro gave me a call and I had a chat to his girlfriend. I have exchanged messages with Stevi [Ritchie] and Chloe-Jasmine [Whichello]. But I've sent messages to everybody.

So have you seen Austin already?

Yes, we did a shoot on Monday. It was all about the straight guy who's friends with a gay guy.

Have you meet Austin's husband Jake Lees?

I have and he is a lovely guy. I shook his hand and congratulated him. You need a medal for spending eight years with Austin – after four weeks with him, I need rehab! Jake is very mellow and quiet; the exact opposite of Austin!

Why do you think you and Austin hit it off?

The minute we met we were kind of drawn to each other. He is very open and offered his friendship. We are both very similar. So we got on like a house on fire.

What about sharing a bed together?

Big Brother chooses which bed you sleep in, so we were in a bed together anyway. The first night we chatted and got to know each other and gained friendship.

What were your first impressions of Austin?

He is an alpha male. Usually two people with strong personalities just clash but we just got on straight away.

Did you feel attracted to him?

Absolutely not. I am very sure of my sexuality.



I think that's one of the reasons we got on so well that we just respected each other's sexuality. I love Austin for who he is, not his sexuality. He could have been gay, transsexual or whatever.

He was a bit doe-eyed around you at times...

Who knows? You will have to ask him. He never crossed the line.

In his exit chat, Daniel Baldwin thought you might be exploring your sexuality...

No, I'm very sure. I'm very comfortable with who I am. One of my best friends is gay. Gay guys are not threatening and just up for a laugh. That was what Austin was like.

You say you were good friends, but you went and nominated Austin towards the end of the show...

I did! It caused ructions and it was really hard to do. But I think you always have to remember that it's a game, although naturally you make friendships. I had to be fair and he called Janice [Dickinson] the 'C' word. I had to nominate him because he was wrong. His behaviour was out of order. If that was my parents or friends, I would pull them up. It was not acceptable even if we were friends.

So you weren't being tactical?

Not at all.

Natasha Hamilton's partner Ritchie Neville told us he thought you were playing a very good game...

I didn't have a game plan. I go with my heart and my gut. You can't have a game plan on *CBB*. You just have to be yourself. Anybody playing a game soon gets caught out.

At first you and Farrah Abraham seemed to be getting on well. Did you fancy her at all?

She is a beautiful girl but that wasn't on my agenda. She alienated herself and it can become quite lonely in there. I wanted her to try and break down that guard and make her realise she can trust people. But I didn't get anywhere, did I? [Laughs]



Left: James is thrilled to be back home after his time in the confines of the *Celebrity Big Brother* house. Facing page, below: James had a close bond with American reality star Austin Armacost (right)

‘THE MINUTE WE
MET WE WERE
KIND OF DRAWN
TO EACH OTHER’

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'I LOOK A BIT MORE VOLUPTUOUS THAN WHEN I WENT INTO THE HOUSE

Above and below: James has lived in his home for three months and fell in love with the place as soon as he walked in – particularly because of the striking stone windows

So you didn't fancy her?

She's not really my type. I prefer the more soft and gentle type of girl. At times we would have lovely conversations and then boom! She would become very difficult again.

What do you think of Farrah's behaviour?

It was a shame. She has a massive following among teenagers – she is something of a role model and the way she acted must have made them feel let down. I do feel a bit sorry for her. Towards the end you glimpsed a bit of a different side to Farrah, but by then she had made her bed.

You seemed to spend a lot of time with not a lot of clothes on. Is that usual for you?

I blame that on the edit! I did have clothes on sometimes. It was cold in that house and I was wrapped up. But I was in and out of the pool, the hot tub and the shower. Obviously I didn't have many clothes on, did I? [Laughs]

Viewers only get to see a very small portion of the day. What was the rest of the day like?

There are times when it can get quite slow and other times when it's quite tiring. They are probably the most challenging times. Austin and I were always doing something. It would have been a lot harder if he hadn't been there. He kept me entertained, we would play tennis. I am a bit of a loner so it was nice to have that bromance. We trusted each other... and then I nominated him!

Why do you say you're a bit of a loner?

I just think I am in life. When I was a kid I was going off the rails so I just did my own thing

because I didn't want to go down that road any more. I've always been a wandering star.

What has the public reaction been like since you won CBB?

After *The Apprentice* I think people had a misconception about me. I made a few mistakes when I was a kid and I was judged on that. I was labelled a thug, which I am not. I have worked very hard to turn my life around. I wanted the public to see who I am and everyone has been so amazing.

Back in 2009 you were convicted on two assault charges. What was your life like then?

I had a difficult upbringing. My parents separated. Financially we lost everything because of our business and I also lost the stability of my family. I got into trouble and had a couple of fights. I was in with the wrong group of people. It wasn't me, it was just one period of my life and I'm glad to have turned things around now.

What happened to the family business?

My grandfather is a sensible man but he lost his scrap merchant business, he went bankrupt and my parents divorced through it all. It all came tumbling down. It was hard and probably affected

me more than I realised. But it has made me the man I am today.

How are your family doing now?

My grandad is cool and my parents are doing great now. I have a lovely brother and sister. We have got loads of love for each other. As a family we have always been wealthy in love.

How did you change your life around?

I opened car washes. I went to work and tried to get focused. I have always worked. I started my first business when I was 12 years old. I sold sweets and chocolates in the school toilets to try and get some dinner money!

Were you a success at school?

I left with no GCSEs. I started working doing part-time jobs but I knew I wanted to be successful. I love my parents to bits but I wanted to make sure when I have a family they have stability. I don't want my kids to go through what I had to go through.

When you were on *The Apprentice* you seemed a very different person – some would say a little bit cocky...

On *The Apprentice* they only show what they want your character to be. I do have a daft side to me with a sense of humour. I don't think they really showed the serious business side of me.

There were reports that you had a relationship with fellow candidate Lauren Riley while you were on *The Apprentice*...

We had a snog, we kissed. I am a kissy person [laughs]! You meet people in life you get on with and Lauren and I were attracted to each other. While we were in the house we had some nice little moments. But it didn't mean it was going to develop into anything further. We both took being on the show really seriously. I only went on there to meet Lord Sugar; I wanted to learn from somebody like him. But it was nice to have a smooch with somebody too.

You recently tweeted Lord Sugar and publicly thanked him for the opportunity. Have you heard anything back from him?

No, but if he has seen it, that would mean the world to me.

Have you always wanted to be famous?

When you're a kid, everybody wants to be famous. The reason I applied for *The Apprentice* was because my relationship was on the rocks and some of my businesses were struggling. I'd lost my confidence and thought I needed a lift.

What was your business when you went on the show?

Hospitality and leisure. I had restaurants but I've sold them. I now have investments in a ▶



'THERE'S NOTHING BETTER THAN A BIG, SLOPPY KISS FROM MY MAIN MAN ROCKY!'



Above: James shares his home with Rocky – when he's away, his proud grandfather Tony (below centre) takes care of him. Below right: Rocky gives James a warm welcome

clothing company and another restaurant. I'm also planning a new venture, which I can't say anything about at the moment.

Since you've become famous, has anybody changed towards you?

I don't see myself as a celebrity. I'm still just James, the boy from the block. I have got a small group of friends and they know me for me. I will always be the same. The public have been lovely. I have never had anybody say anything bad to me apart from: 'You're fired!'

Did you tell anybody you were going on *The Apprentice*?

It was a big shock to most people. I got one of my mates in my car and told him he wouldn't like what I was going to tell him. He said: 'You're not coming out, are you?' I said: 'No, I'm going on *The Apprentice*!'

Would you do any more TV?

I would love to do *Strictly Come Dancing* or *Bear Grylls: Mission Survive*. I'd love to do presenting as well as have my business career. But I have refused some things I have been offered. I don't just want to do any TV for the sake of it.

Did you go out with actress Stephanie Waring?

We went out on a few dates. We fancied each other but nothing materialised long-term. We're still friends.

When was your last proper relationship?

I was with a girl for five years and then we split up. I still love her to bits. But it's hard since I've been involved in the media. We're still in contact and she is doing well.

Have you got your eye on anybody?

I'm still looking for Mrs Hill. Has Jessica Wright got a boyfriend? She seems like my type of girl.

What in your opinion would make an attractive Mrs Hill?

I think a personality is so much more attractive. I want somebody who has got a big heart and is fun, who understands me and we can be supportive of each other. Nobody too loud! But I don't have a type.

Why do you think you'd make a good dad?

I love kids. I think, as a father, it is important to teach your children how to conduct themselves. To have respect, work hard and know what the important things in life are. I'll always be there for my kids. I am close to my dad and my grandad.

You obviously look after yourself. Have you always done exercise?

I have always trained. Everybody needs a release and going to the gym is my release. It's good to feel fit and healthy.

What would you do in a normal week?

I train five days a week when I can. I do high-intensity training. I will do high reps, low weight/high reps and finish off with some sprints. To keep the beer belly away!

Did you put any weight on in the house?

I did. I was eating a lot of junk in the house. But it's nothing I can't burn off. I look a bit more voluptuous than I did when I went in [laughs]!

When did you move into your flat?

I've been here about three months, but I had my eye on the place for about 12 months as it's in a beautiful building. I love the country, too, and it has a traditional character. I fell in love with it when I walked in because of the big stone windows.

Is it a blokey flat?

Yes, it's a bachelor pad and it needs a woman's touch. I need Mrs Hill to come along. Maybe Mrs Right could be Miss Wright?

You've got somebody already sharing your flat with you, though, haven't you...

Yes! My lovely six-year-old Akita doggy, Rocky. When he jumps up he's about as tall as me. After four weeks away there's nothing better than getting a big, sloppy kiss from my main man Rocky!



What do you think the future holds for you?

I'm working hard to sustain a career in the media as well as my business interests and have some fun along the way. I just want to make the most of life. **OK!**

JAMES'S 2016 CALENDAR IS OUT NOW. VISIT WWW.GREATCALENDAROFFERS.COM/JAMES.

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INTERVIEW BY PHIL GOULD PHOTOGRAPHS BY TONY WARD
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EXCLUSIVE EXCERPTS FROM HIS NEW BOOK

'I DIDN'T WANT A PUBLIC RELATIONSHIP'

AS HE SPLITS FROM HIS GIRLFRIEND OF THREE YEARS, **OLLY MURS** OPENS UP ABOUT THE PRESSURE OF FINDING LOVE IN THE PUBLIC EYE, HIS ESTRANGED TWIN BROTHER AND WHAT WILL HAPPEN IF HIS CAREER COMES TO AN END



Go behind the scenes with Olly in his new book, *On The Road*

With his new job as co-host of *The X Factor* alongside his pal Caroline Flack and plans for a fifth album already underway, Olly Murs has a lot to smile about right now. However, last week, the usually chirpy singer was said to have been left feeling 'numb' after splitting from his girlfriend of three years, Francesca Thomas.

Last week, Olly, 31, broke up with the 26-year-old property developer, who he met at a house party in Essex, following a recent romantic getaway. It's thought that his hectic filming schedule and busy music career were at the root of their problems. But, despite his sadness over the split, Olly has something else to celebrate – the upcoming launch of his new book, *Olly Murs: On The Road*.

A follow-up to his 2012 autobiography *Happy Days*, the new book gives a glimpse of the goings-on backstage on his *Never Been Better* tour and his thoughts on life, love and everything in between. Here, in exclusive extracts, Olly reveals his anger at the ongoing feud with his twin brother, his struggles to maintain a relationship in the public eye and fears of how he'll cope if his career grinds to a halt...



Above: With his TV wife Caroline Flack. Right: Olly dotes on nephew Louie

ON HAVING A PRIVATE LIFE IN THE SPOTLIGHT

Since they began dating in 2012, Olly went to great lengths to keep Francesca Thomas out of the spotlight. Speaking while they were still an item, he reveals the pressures of maintaining a relationship in the public eye.

'I didn't want it to be a public relationship. Yes, it's public to my friends and family, which every relationship is, but why should my relationship be any different because I'm a singer in the industry?

'Also, Francesca's not famous. She's not in this job, so I wanted her to keep her life as well. We'd only been together nine months when it was announced. Because I've kept my work separate from us, we're able to have a normal relationship. We're able to have normal lives.'

However, Olly confesses his efforts to spare Francesca any jealousy in the presence of his adoring fans has created a few dilemmas along the way.

'A lot of my fans are girls, so it can cause problems, obviously. Sometimes I'll ask Francesca to stay in the people carrier when a crowd comes around. From her perspective, she's thinking, why am I a secret? What are you putting me in a car? And I say: "You can come and stand with me if you want." But if someone comes up and asks for a picture and says: "Olly, I really fancy you, you should dump your girlfriend. You should get rid of her and go out with me," it's not nice.'

The singer also speaks of his struggles to strike the right balance between his relationship and his career, on one occasion



telling Francesca not to come and see his show in the early stages of the tour.

'I told her I didn't want her to come yet because the show wasn't ready. From her perspective she wants to see me and spend time with me. And being in a relationship, we need that. But on the flip side, it's about getting the balance right, so I've said she can come to the cities where I've got time off during the week, and then we can have a couple of days together. If I didn't see her for the whole five or six weeks it would be a nightmare.'

ON STARTING A FAMILY OF HIS OWN

Having a family of his own is fairly high on Olly's wish list and he dotes on his nephew Louie, the four-year-old son of younger sister Fay. But as he admits here, for the time being he'll have to be content with his role as uncle.

'I want to have my own family in the future. I want to get married and settle down at some point. But I don't think I'm going to get to that stage just yet. Most of the time, I live every day as it happens – I don't try to think too far ahead. The only time I'll take a break from all this



is when I have kids. And, even then, it'll all depend on the timing.'

He later confesses that he never planned to settle in his twenties, but sees his thirties as the decade to enjoy a family of his own.

'I never wanted to be having kids when I was 20, 21 or 22. I wasn't that kind of guy. I wanted to be out and about seeing the world, having fun. I wanted to settle down when I was in my late twenties. Now I've got past that and I'm in my early thirties, so at some point it'll happen, but not in the next couple of years. I've got too much going on.'



Above: Olly is newly single after his split from Francesca Thomas (facing page top)

WWW.OK.CO.UK 55

Below: Olly and his parents Vicky-Lynn and Pete (below right) haven't spoken to his twin Ben since Olly missed his brother's wedding to Amy Hart in 2009 (bottom)



ON HIS MELTDOWN

It's no secret that Olly 'totally lost the plot' following the 2010 *X Factor* tour and he has openly discussed how he drank too much and was a 'depressed zombie'. Here, the former call centre worker recalls his meltdown.

'I wasn't having a good time, I wasn't happy. I needed a rest, I needed to recharge my batteries, see my mates and get away from the industry. I was a bit depressed. I was nervous about the album coming out. I was nervous about the live shows, *Xtra Factor*, because I had no idea how to do live TV. I'd never done it as a presenter before. It was a mind-melt.'

He admits turning to drink: 'Vodka and orange before shows,' adding: 'I always wanted a drink.' Olly continues: 'You wouldn't associate a lack of confidence with my personality, but I was just in a really intense, nervous state.'

Olly says his fast rise to fame was a 'mind-melt'



ON HIS ESTRANGED TWIN BROTHER

Olly's twin Ben hasn't spoken to the rest of the Murs family since the budding singer missed Ben's wedding in 2009 to prepare for *The X Factor* semi-finals. Recalling how Ben failed to get in contact when their nan died earlier this year, Olly gives a hint of the pain the ongoing feud is causing.

'His exact words were: "I don't want to be a part of the family any more."'

Venting his frustration, Olly continues: 'Why doesn't he just get in contact? He knows where we live. Just pick up the phone, or come round and actually talk about it. Or justify it. Not even justify it. Ask my dad: "Look, I know we don't talk any more, but I know Nan died and I'd like to go to the grave and pay my respects."'

Explaining that his mum Vicky-Lynn doesn't want to discuss the feud in public, he says: 'That's someone she gave life to, she brought him into this world. It's not a nice thing to talk about.'

Olly also shares his fears that the feud could be used against him by certain quarters of the press: 'It's the only part of my life that isn't perfect and they [the press] know they can twist on that.'

'As long as these stories, or these negatives, don't turn people against me and people don't read it and go: "You were really out of order for not talking and missing your brother's wedding," and all that c**p. That was my worry when it first all came out.'



ON HIS CAREER ENDING

The desire to entertain runs through Olly's veins and he was delighted to discover that his dad's side of the family were circus performers, while his mum's side were talented singers. However, he's anxious about how he'll cope if and when it all comes crashing down.

'So, because of my family, the singing and the dancing merged into me, but I don't know if I'm driven to be an entertainer. I guess I'll only discover that if it gets taken away from me, but I can't predict how I'll react if that happens. I always say this: "I really don't know how it's going to affect me when my career ends. It could be terrible. It could mean I go a bit crazy. I might miss it so badly that I don't know where to go or what to do. I might get depressed. I might be sad." Although I'd like to think I'll be fine, you see a lot of artists who struggle. For now I'm just living in the moment. Being a showman is a rollercoaster ride. I'm in it and I'm loving it.' **OK!**

EXTRACTS TAKEN FROM 'ON THE ROAD' BY OLLY MURS, PUBLISHED ON THURSDAY BY CORONET, PRICED £18.99.

OLLY IS BACK ON THE ROAD THIS MONTH, WITH TWO OPPORTUNITIES TO HEAR HIM TALKING LIVE ON STAGE ABOUT THE BOOK - SUNDAY OCTOBER 11 AT INDIGO - THE O2 LONDON AND TUESDAY OCTOBER 27 AT THE FORUM IN BATH. VISIT WWW.OLLYMURS.COM.



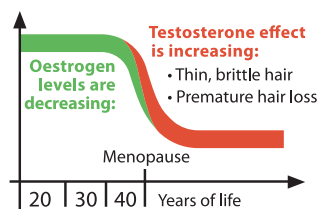
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Below: 'I like it when you can see a woman works hard for their shape,' reveals fitness-mad Gemma. *Facing page:* She's been dating personal trainer Olly Foster since Christmas 2013

THIS PAGE: GEMMA WEARS SPORTS BRA AND SHORTS BY BIKINI BORG; AND VIVOACTIVE SPORTS WATCH BY GARMIN. *FACING PAGE:* GEMMA WEARS BIKINI BOTTOMS AND BLACK TOP (JUST SEEN) BY NEWLOOK; YELLOW VEST BY SWEATY BETTY; AND TRAINERS BY NIKE AT JD SPORTS

SHOWING OFF HER ABS OF STEEL!

'I GET UP AT HALF FOUR AND GO TO THE GYM!'

'EMMERDALE' STAR **GEMMA ATKINSON** TALKS TO OK!'S CLARE GERAGHTY ABOUT HER GLAMOUR GIRL PAST, HOW SHE GOT THAT INCREDIBLE BODY AND THE PERSONAL TRAINER BOYFRIEND THAT CAME WITH IT!

Usually, lunch on an OK! photoshoot means fizzy drinks, brownies and copious cups of coffee. Not so when the person being photographed is self-confessed 'fitness nut' Gemma Atkinson. 'Have you tried the courgetti?' Gemma asks over plates piled high with zesty salad, fresh fish and nuts. And there's no better advert for this healthy regimen than the actress – who is strong, toned and glowing with energy. But there's not a stingy portion in sight and Gemma herself is the first to offer around squares of chocolate after we've finished our main courses. 'It's the good stuff, really dark 85 per cent chocolate. You can't deprive yourself,' she says.

Since finding fame on Channel 4 soap *Hollyoaks* at the age of 15, Manchester-born Gemma went on to star in *Casualty* and the 2007 series of *I'm A Celebrity... Get Me Out Of Here!*. She also had a successful glamour modelling career after having her breasts enlarged in 2006 and was frequently named in 'sexiest women' polls. Now 30, she returned to her roots this year as Carly Hope in ITV's *Emmerdale*. 'I've just had my contract renewed and I'm loving being back in a soap,' she says.

Gemma has had a string of high-profile boyfriends, dating footballer Cristiano Ronaldo while he was at Manchester United and becoming engaged to Marcus Bent while he was playing football for Birmingham City. Proving that sporty guys are very much her type, her current squeeze is personal trainer Olly Foster. The pair met when Gemma hired Olly to get her in shape while working in London, with Gemma confessing: 'After finishing training I missed him and realised I liked him more than as a friend. We moved in together a year or so later.'

And judging by Gemma's feelings on babies and bridal gowns, their relationship could well be stepping up a gear! 'If you said to me: "Would you rather have a big wedding or a baby?" I'd pick the baby,' she says. 'I've

never been one of those girls who's into weddings but I do feel a bit broody!'

Here, over cups of green tea, Gemma opens up about how she maintains her fabulous figure, the effect losing her dad when she was 17 had on her, and why she won't be having more surgery...

You're looking amazing! Tell us about your exercise regime...

I train five mornings a week – which, if I'm working, means getting up at 4.30am to train before work. I do an hour and tend to change my routine every six weeks, so sometimes upper body, sometimes lower body, sometimes legs, sometimes cardio – boxing is great. I always start with resistance band work to activate my glutes, which gives you a peachy bum, but apart

from that I constantly mix it up – otherwise your body gets used to things and you won't see results! I used to do classes but my body got used to them and wasn't changing. Because Olly is a trainer, we head to the gym together. He does his stuff and I do mine then we meet at the door an hour later! He doesn't train me any more but he's my fitness mentor and he writes me new plans every six weeks.

Do you put pressure on yourself to be slim?

What I've realised as I've got older is that every woman has a different body shape – mine is very boyish. When I was a teenager I used to think being skinny was the way forward, I



wanted to look like Kate Moss, though I could never in a million years look like Kate Moss, even if I didn't eat! Now my body role models are Jennifer Nicole Lee [an American fitness model] and Ronda Rousey, the female mixed martial arts fighter. I like it when you can see a woman works hard for their shape. It's also important to always remember that you can't out-train a bad diet.

So you watch what you eat...

When I'm working I have to eat well or I have no energy. I always start the day with protein and fats – scrambled eggs and avocado or scrambled eggs and salmon. I'll also whizz up a quick green juice with cucumber, broccoli stem and ginger. They always take the mickey out of me at *Emmerdale* because I bring my own lunch in. It's either turkey stir-fry or chicken satay – I make a healthy version with almond butter and almond milk – and lots of veg in a little Tupperware box. I don't eat red meat, so dinner is a turkey chilli or chicken and veg.

Do you have treat days?

At the weekends I have either pizza or chippy teas or a curry, and the odd Corona. But we try and make sensible choices, for instance, the other night we had a curry but with spinach instead of rice. I never restrict myself and don't believe there's 'good' and 'bad' ▶

'I never restrict myself and don't believe there's "good" and "bad" foods,' Gemma tells us



foods – just good and bad times to eat them.

Where did your love of healthy living come from?

My dad died 14 years ago when I was 17. He was only 52 – he didn't smoke or drink, he ate well and he died of a heart attack. I don't think you should fret about the little stuff but that experience definitely made me appreciate life more.

You joined *Emmerdale* as Carly Hope earlier this year...

My contract is rolling on, which is great! Carly was very guarded and bitchy when she entered *Emmerdale*, having been on her own since the age of 15, but she's softened since, building a relationship with her dad Bob. And she's got a romance in the pipeline, too! I can't say who with, but it's great to be able to show different sides to her character.



With her on-screen dad Tony Audenshaw and co-star Lesley Dunlop on *Emmerdale*

Do you enjoy the soap routine?

On a full filming day I leave home at 5.45am and don't get home until 8pm – but I love having the weekends off. I like that I can be at home at the weekends to see my girlfriends and family. We film in Leeds which is only a 45-minute drive from home and everyone on

Emmerdale is so lovely. I don't know if it's because they're Northern!

Who are your mates on the cast?

I'm close to Michelle Hardwick [who plays Vanessa Woodfield] and Katherine Dow Blyton [Harriet Finch] – who also played my mum when I was in *Hollyoaks*. I have a lot of scenes with Tony [Audenshaw, who plays Gemma's on-screen dad Bob Hope] and Lesley [Dunlop, who plays Brenda Walker, Bob's partner].

How does *Emmerdale* compare to *Hollyoaks*?

Emmerdale has a more organised schedule [laughs]! At *Hollyoaks* we got told a day before what we were doing. We also have a better canteen at *Emmerdale*, although I'm trying to persuade them to put a juicer in there for the cast.

Who are you still in touch with from *Hollyoaks*?

Mikyla [Dodd], who played Chloe Bruce, is one of my best friends. She's just had a little baby boy called Baker, who's absolutely beautiful. Also Sarah [Jayne] Dunn [who played Mandy Richardson]. I saw lots of the cast at the British Soap Awards recently and jokily said we couldn't speak to each other now we're on rival programmes! But it was great to see them – I look back on *Hollyoaks* really fondly. And people do still ask if I'm the girl from *Hollyoaks* who cut herself! But I get way more *Emmerdale* fans – often people in their fifties or OAPs who are really sweet.

You turned 30 last year. Did you find it stressful?

No, people always say oh, you're getting older, but the alternative is you're dead so you should embrace it! I had a brilliant party at home to celebrate, with a fish and chip van, a karaoke machine and 35 of my closest friends and family – everyone I love in the same room.

Can you tell us how you met your boyfriend Olly?

We met in the summer of 2013 in London when I hired him to train me but didn't get together until Christmas. I'd just split up from my previous boyfriend so I decided to wait because I wanted some time on my own and to be single. Then my training sessions came to an end and I had all these weird feelings, I really missed him. Fortunately he felt the same so we started seeing each other and things just grew from there. We now live together and things are great.

Do we hear wedding bells?

We've not really talked about weddings that much. I've been engaged before and I've never been one of those girls who dreams of a big white wedding, and Olly's on the same page. We've said we'll skip the engagement and just get married by ourselves and then have a big party. But part of me also feels too young to get married.

How about children?

If you said to me: 'You can have a baby or a big wedding,' I'd choose the baby. I am a bit broody after seeing Mikyla's baby. I always said I'd have a baby at 32 – my mum had me at 32 – so hopefully we'll do that in a few years if God allows it. But you never know if you'll be able to, so you have to take each day as it comes.



You recently posted a selfie showing your belly on Instagram [above left] and had lots of people asking if you were expecting...

Olly and I were staying at an all-inclusive hotel on holiday in Cuba and just went to town with the eating – I'd had pasta for lunch and my stomach was rock hard because I have a wheat intolerance. I then posted another snap later when it went back to normal [above right], proving I wasn't pregnant! We laughed it off.

You've dated some high-profile men like the footballers Marcus Bent and Cristiano Ronaldo...

I never really saw any of my relationships as high profile – they were just

my boyfriends, and they could have been bin men for all I cared! It's only now, looking back, that I can see how much attention we got. I've always been private – never one to flaunt my relationships. When people know who your partner is they think they can make judgments.

Are you happier in a more low-key relationship nowadays?

Yeah, Olly didn't even come to the Soap Awards with me, he thought it would be boring! Olly and I hardly go out and we barely drink alcohol. The healthier I've become, the more awful I feel if I drink and Olly's the same – although he had wild times in his younger days. I've seen the pictures!

'A few years ago my bum was flat as a pancake, but now I've got a peach thanks to squatting and lunging!' Gemma reveals



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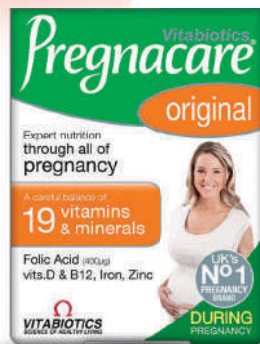
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'I don't think I could date somebody who sat at home all day,' says Gemma. 'I like men with drive'

So you have a thing for sporty guys?

I like a guy who takes care of himself – I don't think I could date somebody who sat at home all day. I like men with drive. Rugby and golf are Olly's passions. Our house overlooks a golf course and I say I'm a golf widow as he's always out there! He's also obsessed with the Rugby World Cup.

What's an average weekend at Olly and Gemma's like?

A DVD, a nice meal and walking the dogs – I don't really run, but I do love to walk the dogs. We have Norman, a poodle, and Olly, a cockapoo. So we have Olly dog and Olly human – Olly D and Olly H. I had dog Olly before human Olly, so I remind him Olly D comes first!

You came fifth on *I'm A Celebrity...* back in 2007...

I loved it, I'd do it again in a heartbeat. The fact that I didn't have to worry about my ▶

Below: Gemma says she won't have any more surgery after having a breast enlargement in 2006, explaining: 'I've realised that anything I want to change, I can do in the gym.' **Right:** The actress before her fitness kick. **Far right:** Showing off her bikini body with Olly on the beach in Bali



hair or make-up or even putting on deodorant was so liberating. I'd love to do the Bear Grylls show [*Running Wild*] but I'd only do *Celebrity Big Brother* if they put a gym in!

Who would you love to see in the jungle?

Sly [Sylvester] Stallone, to see if he's still got the *Rambo* spirit! Also Caitlyn [Jenner], but I doubt they could afford her! For a while I kept in touch with Jay [Brown, a former member of the boy band 5ive] and [Christopher] Biggins from my year, and Janice [Dickinson] was brilliant. When I was a teenager I fancied Jay so much – I used to argue with my boyfriend at the time. It was so funny to find myself in the jungle with him!

Do you miss glamour modelling?

I miss the financial side of it! I look back with fond memories – it built me a fan base, got me a part in a Bollywood movie and several lingerie campaigns. Obviously there are some pictures I look at and think, who styled that?! But I don't regret anything.

Do you ever regret your breast implants?

No. I had natural-looking teardrop implants and they look much bigger in pictures – I think people are disappointed when they see me in real life because they aren't that big! I wouldn't have any other surgery, though, particularly my face. My mum has really good skin so I'm hoping I've inherited that. Because I'm an actress I need to be able to alter my expressions. And body-wise, I've realised that anything I want to change, I can do in the gym. A few years ago my bum was flat as a pancake but now I've got a peach thanks to squatting and lunging.

Are you ever jealous of Olly's female personal training clients?

No, I'm flattered they want to train with him. I'm not really a jealous person. I used to be when I was younger and that's one of the reasons why most of my previous relationships didn't work out. I think it's the Scorpio in me! But I don't let it bother me now. I guess I'm more comfortable and secure in myself. **OK!**

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OUR GIRL CATCHES UP WITH THE SATURDAYS AND GIVES US THE LOWDOWN ON KELLIE AND KEVIN'S FANCY FOOTWORK

BABY CHECKS AND THE CHA-CHA

Wayne and I took Carter [below] for his six-week check last week and I'm happy to report that everything is exactly as it should be. He's growing nicely and already weighs 10lb 3oz, which is a good, healthy size. Next week he's got his first round of injections and I'm absolutely dreading it. I still remember how horrible it was when we took Parker for his, so no doubt this time around is going to be just as daunting for us all. I've told Wayne that he has to be the one who holds Carter while he is having the jabs so that I can be the nice parent who gives him cuddles afterwards.

Thankfully Parker [right] is pretty much back to full health now after his recent hospital visit but I think Wayne is still trying to recover from all the sleepless nights we had – the other day I walked in to the living room to find him and Carter asleep on the sofa together! They looked so cute lying there



together that I decided to take a picture and post it on Instagram [below left]. In the snap Carter

is wearing one of his Marie Chantal baby grows, I'm so glad he's finally fitting into all the lovely things we bought before he was born. He really is my little angel.

I've not had much of a chance to let my hair down since Carter was born so last week my friend Sarah and I went to the Thomas Sabo cocktail party in



London for a girlie night out [left]. It was a fab night and I enjoyed having a few glasses of prosecco, although I turned down an invite to the after party so that I could get home and see the boys – I never like leaving them for too long.

It's been a pretty quiet week so I've had plenty of time to catch up on *Strictly Come Dancing*, Kevin [Clifton] and Kellie [Bright] did brilliantly in their first dance [above]. At the time of writing they're preparing

to dance the cha-cha – it's a difficult dance to learn but Kevin is a great teacher so I'm sure Kellie will pick it up in no time. I thought I'd feel a bit jealous seeing him dance with someone else but I was surprisingly okay with it. With a bit of luck they'll make it all the way to the final.



CATCHING UP WITH THE GIRLS

Carter was inundated with visitors last week when the girls came over to meet him. Parker was over the moon to see them all, especially Mollie [King, below], who he kept hugging. It's funny, Mollie used to be really nervous holding babies but she's had so much practice now that she's becoming a bit of a natural. As much as she obviously loves spending time with kids, I don't think she's feeling broody just yet – she seems more than happy to have some cuddles then give them back for now.

Rochelle [Humes] brought Alaia over with her too; it's crazy how much she has grown up – she's so chatty and a really confident little girl.



FEELING FESTIVE ALREADY

It's less than three months until Christmas and I'm already getting in to the festive spirit. I've been trying to eat really healthily but the other day I saw some mince pies [below] in the shop and I couldn't resist. I've become so much more excited about Christmas since becoming a mum so I'm really looking forward to it this year, especially now that Parker is old enough to understand what's going on. Now winter is approaching I've decided to treat myself to a few new bits. I bought a gorgeous cardigan from Zara the other day that I'm a bit obsessed with and I've been stocking up on lots of cosy jumpers [far right] and boots ready for the cold weather.



CONGRATS KATE!

Last week, my best friend Kate gave birth to a little boy called Fletcher and I couldn't be happier for her. I went straight to the hospital to see her as soon as she texted to tell me he had been born. He's absolutely gorgeous.

Funnily enough, we were both convinced that she was going to have a girl, but now that he's here I'm actually quite excited that it's a boy as it means Carter and Parker have a new little friend to play with. Hopefully they'll grow up to be just as close as Kate and I are. **OK!**

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'I WOULD LIKE TO START A FAMILY BEFORE I'M 30'

AMY CHILDS CHATS TO OK! ABOUT HER NEW BOOK AND DREAMS OF A FAMILY, JUST DAYS BEFORE SHE WAS DEVASTATED BY A SEXTING SCANDAL

The past few weeks have been tumultuous for former *The Only Way Is Essex* star Amy Childs. Just as the Brentwood-based businesswoman was celebrating the publication of her first book, *100% Me*, she was dealt the crushing blow that her live-in boyfriend of 13 months, Bradley Wright, had been secretly texting another woman – and threw him out of her house as a result!

According to a well-placed source, Amy, 25 – who recently revealed to *OK!* that she and Bradley had already found their dream wedding venue – is 'devastated' over claims that he texted 36-year-old Marie Asemota to suggest meeting up for sex.

Last week, Marie said Bradley had used her for a 'cheap thrill' after they started texting each other in August, with Bradley boasting about having sex with other women behind Amy's back and sending an X-rated photo of himself,

'SHE WAS MADLY IN LOVE WITH BRAD BUT SHE'S ASKED HIM TO MOVE OUT'

which he vehemently denies. 'On September 16, Bradley posted a picture of himself wearing beige shorts on Instagram, then later that day he sent me a picture of his penis,' Marie claimed, adding: 'Amy was out and he said I should drive to Rainham for sex, but it was too last-minute.'

Bradley, also 25, has since apologised to Amy for texting Marie, but insists he did it as 'a laugh' with a friend and is adamant that he has never been unfaithful. 'I'm not a cheater and deep down Amy knows that,' he insisted.

However, feisty redhead Amy has since booted him out of her Essex home, with a source telling *OK!*: 'Amy is devastated. She was madly in love with Brad but she's had to ask him to move out of the house for the time being. She can't believe how immature Brad's been. If she does take him back, she won't be giving him an easy ride. Brad's been begging Amy for her



Amy and Bradley told us about their wedding plans just last month

forgiveness but Amy isn't quite ready to just take him back so soon.'

Poignantly, just days before news of Bradley's indiscretions was revealed, we interviewed Amy – who gushed that she 'couldn't wait' to start a family with the handsome builder. Here, blissfully unaware of what was around the corner, Amy – who has a fortune estimated at £10 million – tells us of her plans for the future and knowing Brad is The One. Let's hope the couple can recover...

Why did you decide to write your book, Amy?

So many people were asking me to do a book and I'm too young to do an autobiography, so I decided to do something quite inspirational. I'm always being asked how I got to where I am so I wanted to share my secrets. No one's ever done a book like this before – it's full of business tips and advice, all told in my own words. I've included lots of exclusive images from my journey and I've loved every minute of writing it and can't wait for you all to read it!

You had a hard time at school with dyslexia...

I never got bullied at school but I was always the thick one, the one who didn't have a clue. My headmaster believed in me, though. He once said to me: 'You are going to be really successful when you're older, Amy, because you've got people skills.' I was bottom in every set but I want to show people that if I can do it, you can. I still struggle with my dyslexia and often find myself confused in meetings, but if I write things down then it's better. In business you're always learning.

Last time we saw you, you and Bradley said you'd discussed wedding plans. When do you think he'll pop the question?

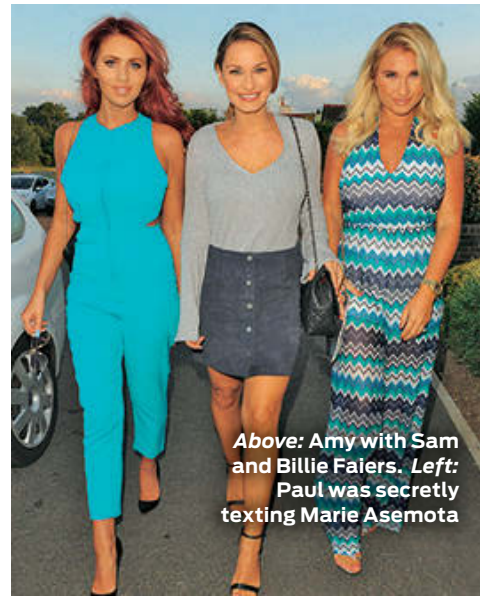
I don't know and I've stopped hinting as the more I go on about it, the more he'll just not do it! He'll do it in his own time but it's got to be soon. I'd love me and Brad to emulate my mum and dad's relationship – they're still so into each other. Brad and my dad are quite similar, both workaholics and really good looking!

How did you know Brad was The One?

Even though we haven't been together that long, when you know, you know. I remember us lying in bed together once and he said to me: 'I really want to be with you for the rest of my life,' and I felt the same. I've never thought about getting married before, never ever.

Have you seen Sam Faiers since she announced her pregnancy?

I haven't seen her but I have spoken to her. She'll make a really lovely mum. I think she got broody



Above: Amy with Sam and Billie Faiers. Left: Paul was secretly texting Marie Asemota

Left: 'I would like to start a family before I'm 30,' Amy told us, just a week before her boyfriend's sexting scandal broke. **Right:** 'People love the GC!' says Amy of her pal Gemma Collins, who's just left *TOWIE*



being around [her sister] Billie as she is so close to [Billie's daughter] Nelly. I think she'll have a boy!

Did you know she was pregnant before she announced it?

Me and Sam went for dinner together about a month before the announcement and she wasn't drinking, which I found really strange – she was just moving her glass around the table. I suddenly

thought, oh my God, she's pregnant! I came home and said to Bradley that I thought she was pregnant. Although she's not been with Paul [Knightley, Sam's partner of ten months] that long, she knows herself and knows she wants to be with him. I felt so sorry for her when it was leaked as quite a few of her family didn't even know she was expecting at that point – it was really sad.

Would you have a baby before getting married, as she's done?

If it happens, it happens, you know? I love children and am a bit broody. My brother's about to have a baby so I'll be doing lots of babysitting and obviously I'm very involved in Lexie's [Brad's five-year-old daughter] life – we have her every other weekend. Then again, I'd like to be all glam when I get married and not have to worry about the baby weight. I'm not averse to either, but I would like to start a family before I'm 30.

Would Lexie like a little brother or sister?

No! She said she doesn't want to share me and Brad! She's an absolutely lovely little thing, though, I had her into the salon [Amy Childs Salon & Tan in Brentwood] for her first mini mani the other day – there were sparkles everywhere!

What type of mum do you think you'll be?

My mum was very overprotective and I think when I have a daughter, if I have a daughter, I'll be exactly the same. I don't think anyone will ever be good enough for her!

So what is a normal evening like at Brad and Amy's place?

Chilled. At the moment I'm learning to cook, as I'm rubbish. Bit of dinner, bit of TV and Leo, our bulldog. I'll have a glass of wine but Brad doesn't drink.

Have you seen Gemma Collins since she lost three stone at Jason Vale's juicing bootcamp?

Yes! She looks absolutely beautiful and gorgeous. Her face is just glowing, she seems so happy in herself and looks younger. The first thing I said to her was: 'Gemma, you must be really proud of yourself, because you look unbelievable!' I don't think she needs to lose any more and this is the happiest I've seen Gemma in a long time.

And she's recently left *TOWIE*...

It was definitely the right decision for her. She's got her amazing plus-size collection [Gemma Collins For Evans] and lots of other stuff in the pipeline. Gemma's been on *TOWIE* for so long now, ►

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sometimes you just need to make a change. She'll be a massive loss to the show though, people love the GC!

What other reality TV shows would you like to do?

I'd love to do *Strictly*, I'm starting a Twitter campaign! I was asked when I left *TOWIE* but it wasn't the right time for me so I did *Celebrity Big Brother* instead. I'll be avidly watching Peter [Andre, above] this year on *Strictly*, though, I think he's going to win – he's been great already!

How about *The X Factor*?

Oh I love *X Factor*. I think Rita Ora's unbelievable but I really don't like Nick Grimshaw. I don't like him on Radio 1 either – I think it's his voice. And Cheryl [Fernandez-Versini]'s being massively overshadowed by Rita, she's like a little lost soul – I feel very sorry for her. She's looking too skinny and has lost her looks. Although, you don't know the reasons for it – you never know what's going on behind closed doors.

There's been a lot of speculation recently that you've had your lips done again...

It's mental! I haven't had them done again. I can do the whole thing with lip liner and lipstick. Back in the day I had so much filler, but I had to take it all out because I got addicted and looked like Pete Burns. Brad prefers me more natural anyway – no make-up, hair in a bun. He even gives me funny looks when I'm sat at home.

'I HAD SO MUCH FILLER... I LOOKED LIKE PETE BURNS!'

Tell us about your fashion collection...

It's been going for four seasons now and I'm incredibly proud that, not only is it stocked on my website and boutique, but it's in Dorothy Perkins! They've never had a celebrity collaboration before so it's a real honour to have my collection stocked in their stores nationwide. People say: 'Oh you're the face of a collection,' but no, I've actually designed the collection. When I started out I had about 12 pieces, and now there's over 100 – day and night dresses. I love it when people come up to me and say: 'I'm wearing an Amy Childs dress.' I'd love to see Victoria Beckham, Abbey Clancy and Cara Delevingne in my designs – that would be amazing.

You've said you definitely wouldn't design your own wedding dress...

Well Brad hasn't proposed yet so this is all very premature, but Michelle Keegan's was beautiful. People think I'll have a really massive dress but I think I'll shock people with something classic. **OK!**

'100% ME' BY AMY CHILDS (£16.99, BLINK PUBLISHING) IS OUT ON OCTOBER 8. AMY'S BOOK SIGNINGS CAN BE FOUND ON WWW.AMYCHILDSOFFICIAL.CO.UK.

THE AMY CHILDS COLLECTION AUTUMN/WINTER 2015 RANGE IS AVAILABLE AT WWW.AMYCHILDSOFFICIAL.CO.UK.

Below: One of Amy's proudest achievements is her dress collection: 'I love it when people come up to me and say: "I'm wearing an Amy Childs dress."' Left: Strictly fan Amy is on Team Pete!





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ASSISTED BY HARRIET WHEELER
PHOTOGRAPHS BY LORNA WHEELER
HAIR AND MAKE-UP BY MARCOS GURGEL
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KOURTNEY ROCKS IT

Kourtney Kardashian showed her inner rock chick as she touched down in New York. The mum of three looked effortlessly cool in a YSL biker jacket over a Style Stalker Grace Coddington printed T-shirt and skinny black jeans.



T-shirt, £45, Style Stalker



MARGOT PACKS IN THE STYLE

We're used to seeing Margot Robbie looking glamorous on the red carpet, but she has off-duty style nailed, too. The actress looked stylish in a white shirt, black skinny jeans and monochrome wedges, but it was her Kurt Geiger shearling backpack that caught our eye.



Backpack, £295, Kurt Geiger



CELEBRITY MUST-HAVES

GET SOME WARDROBE INSPIRATION FROM THESE STYLISH STARS

QUEEN BEY'S POOL CHIC

She's been sunning herself in Sardinia, and Beyoncé did it in style. The singer showed her wild side in a We Are Handsome panther one-piece and matching cover-up, accessorised with a white hat and round sunglasses. We're crazy in love!



Shirt, £298, and swimsuit, £225, We Are Handsome



LINDSAY'S ON FIRE!

Lindsay Lohan was looking chic as she made her way for dinner at celebrity hotspot, the Chiltern Firehouse. The actress wore a grey Lavish Alice coat over a white T-shirt, indigo skinny jeans and black heeled ankle boots, adding a pop of colour with her tote.



Coat, £80, Lavish Alice



PINK LADIES



WITH OK! FASHION & BEAUTY DIRECTOR ROSIE UNDERWOOD

For two vital charities, Breast Cancer Care and Breast Cancer Now, Asda's Ticked Pink campaign has this year whisked celebrities off to a fairytale setting to help raise awareness.

Looking super-stylish in a fuchsia Julien Macdonald design, Kara Tointon (far right) told us: 'This is my second year supporting... I'm thrilled to be returning! With the amazing pink merchandise and T-shirts at Asda, there are so many products for us all to show our support.' Meanwhile, Jo Wood (right) enthusiastically added: 'Come on everyone, go pink this October!' Visit www.ticked-pink.org.uk.



Kara Tointon and Jo Wood (left) are supporting Asda's Ticked Pink campaign for breast cancer



Gold ring, £65, LW X Daisy London



Rose gold necklace, £115-£125, LW X Daisy London



Sterling silver earrings, £49, LW X Daisy London



Chakra charm, £29, LW X Daisy London



LAURA'S ALL CHARM

It's rare that I see Laura Whitmore without her statement Daisy London jewellery firmly stapled to her chosen look, so it was no surprise the starlet has been given creative responsibility for her own range!

The concept of the collection stems from my love of music,' the MTV presenter (far left) told me over breakfast at the launch. 'I also looked at symbols and colours that could work as charms, so that this collection could be made personal to the wearer.' I didn't think anything could top the brand's signature Chakras, but her plectrum pendants do just the trick!

CURVES YOU RIGHT!

This week marks the launch of the ever-so-chic Dorothy Perkins Curve range. Building from the main line, the DP team have perfectly created pieces in sizes 18 to 28 for every occasion, with colourways and styles that flatter to perfection.



Navy top, £25



Lace detail dress, £45



Shirt, £28, sleeveless jacket, £32, jeans, £28

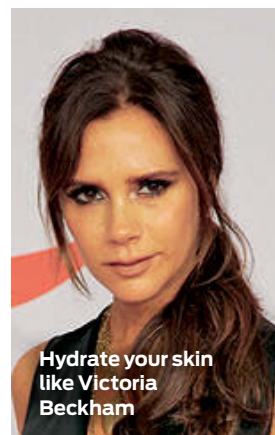


Striped blouse, £28, pencil skirt, £20

POSH'S SECRET



Weleda Skin Food, £9.95



Hydrate your skin like Victoria Beckham

Weleda Skin Food is a nourishing, hydrating treat for the whole body that's been used religiously for years at global Fashion Weeks – so it's no wonder fashion force Victoria Beckham (above right) is a fan. 'I carry a little tube of this to use on my hands throughout the day,' she says. 'I've taken to using it on my feet post-pedicure and on my elbows to soothe dryness for instant results that last.'



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KORRES FIG SHOWERGEL, £8 Thanks to this gel's active ingredient, aloe, which is known for its impressive moisturising capabilities, and of course the Holy Grails of skincare vitamins C and E, I've experienced soft, firm, hydrated skin that smells good enough to eat!



AVEDA BOTANICAL KINETICS INTENSE HYDRATING SOFT CREME, £35 The secret to this moisturiser's success rate is the plant energy that stimulates the skin's natural hydration. I've tested this on my combination skin, my mum's dry skin and even my best friend's oily skin, and the results were dewy and smooth, without looking remotely greasy around the tricky T- zone area. Impressive stuff!



KIEHL'S DAILY REVIVING CONCENTRATE, £36 A fresh cocktail of naturally-derived oils including ginger root, sunflower and tamanu set to work at replenishing the skin, fighting against daily aggressors and leaving your face looking radiant and feeling hydrated. A great treat for the complexion as the seasons change.

NATURAL BEAUTY



OK!'S FASHION AND BEAUTY DIRECTOR ROSIE UNDERWOOD'S FAVOURITE PLANT-DERIVED PRODUCTS

NEAL'S YARD FRANKINCENSE INTENSE CREAM, £55 Frankincense in a beauty product? I have to admit it was a first for me! This formula includes the sap from the frankincense tree, which has many benefits for the skin including being an anti-inflammatory and a good old youth activator. Not only that, the scent of frankincense calms mind and body, so naturally this cream has earned itself a firm place in my regime!



LIZ EARLE SUPERSKIN FACE SERUM, £48 If you love all things natural, like me, you'll adore this formula. The consistency is silky smooth – as is your complexion after a few uses! – and it smells like delicious, fresh pomegranate and rhubarb thanks to these key extracts, which help to boost collagen and hydrate the skin at its source.



RAHUA RAINFOREST GROWN DEFINING HAIR SPRAY MEDIUM HOLD, £34 The difference in my hair's strength and thickness after being introduced to Rahua changed my regime in a heartbeat. Finding hair spray that's made from 90 per cent natural ingredients is literally unheard of, but of course this earth-friendly business has done it! This new non-aerosol spray styles and defines just as well as any other I've tried – and trust me, I've done the leg work!



ORIGINS THREE PART HARMONY OIL-INFUSED SERUM, £60 Origins has come up with a new formula that delivers intense moisture thanks to an unusual concoction of skin-comforting ingredients, including theobroma seed butter – to aid hydration – tazetta lily bulbs, white myrtle and Japanese knot weed to help renew the skin's overall appearance. It's a slightly hefty price tag, but the results speak for themselves.

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HER EXCLUSIVE OK! COLUMN

THE 'CORONATION STREET' STAR HEADS HOME FROM THE SOUTH OF FRANCE AND IS ENJOYING THE PEACE AND QUIET AT WORK

I'M SUPPORTING MY MAN MATT

There's been a bit of a comedown at *Corrie* [below] following the live episode, as there hasn't been any madness like there was in the lead up to the live show – although I can't deny I'm enjoying the quiet time a little bit while I can! Matt [Baker] and I enjoyed the rest of our relaxing break in the South of France and, the day after we got back, we went out for a meal with his family to mark his late father's birthday. His dad passed away this year and his family were having a meal out in Manchester and his mum invited me to that, which was nice – they're a lovely family and it was nice to go along and show my support.

There was a story in the paper last week stating that Matt and I were confronted in Manchester's Trafford Centre [right] by his ex-girlfriend Danielle Ballard [far right], who says



she's pregnant with his child. There are two sides to every story and whatever happened in their relationship was a long time before Matt and I even began dating. We all have a past and things happen, and that's just the way it goes. I will absolutely be there to support Matt whatever happens, but beyond that it's not really any of my business! I can't say too much because there's legal action ongoing against the newspaper involved, but people know better than to believe everything they read!

CHERYL'S BODY BLOW

Cheryl Fernandez-Versini [below left] has come under fire from Amanda Holden [below right] after saying body shaming should be made illegal. I've been criticised about my physique in the past and my Emilie had some stick after appearing on *The Voice UK*, which really isn't a nice thing to experience. It would be very hard to police something like that but I think the point to make is, being happy and healthy is the most important thing. It's best not to put too fine a point on whether thin or fat is beautiful, although being either too underweight or too overweight isn't healthy. I try and send out a positive message to my children about body image – it's all about eating well and exercising regularly. On that note, I'm off to the gym! **OK!**



GEORGIA WON'T SUFFER THE CURSE!



Georgia May Foote is doing so well on *Strictly Come Dancing*, bless her. I think she'll go far in the competition and I'm really excited for her. I know there were reports last week about the curse of *Strictly* following her racy routine with dance partner Giovanni Pernice [above left], where they kissed at the end – but that's just all part of the

performance; it's acting! I obviously know Georgia and her boyfriend Sean Ward [former *Corrie* bad boy Callum Logan, above right]. I saw Sean only the other day and, take it from me, I know they're ridiculously happy and in love so I'd be inclined to say Georgia won't succumb to the *Strictly* curse!

THE FORMER OLYMPIC SWIMMER

'MY MEDALS ARE LOCKED AWAY IN A BANK!'

REBECCA ADLINGTON ON LIFE WITH DAUGHTER SUMMER AND WHY SHE'S IN NO RUSH TO GET BACK IN SHAPE

Aged just 26, British swimmer Rebecca Adlington has achieved more than most people do in a lifetime. With four Olympic medals, an OBE, her marriage to former swimmer Harry Needs in August 2014 and the birth of her baby girl Summer in June, she readily admits: 'My life is crazy. Everyone thinks I'm in my early thirties but I was swimming in the Beijing Olympics [in 2008] at 19.'

Since hanging up her pro-swimming cap two years ago, she's focused on her Becky Adlington Swim Stars programme for children. There have also been various campaigns, including her recent initiative to promote rental homes in London's East Village on the 2012 Olympics site. And, back in 2013, she endured a stint in the *I'm A Celebrity – Get Me Out Of Here!* jungle, where she broke down in tears over her appearance.

Now, after a rumoured nose job in 2014 and the blocking of thousands of abusive trolls from her Twitter account, Rebecca seems more confident and

refuses to sweat over losing her baby weight, insisting: 'I don't feel pressured by anyone.'

Here the swim queen tells *OK!* why she and Harry feel like zombies and why she won't be trying out for *Strictly Come Dancing* next year...

Has your life changed much since having Summer?

Yes, I sometimes forget I was an athlete – I just can't imagine getting up at five and going training. I have a huge amount of respect for Jessica Ennis-Hill coming back after having a baby. Being a mum is definitely the best but the hardest job.

How is Summer?

She's really good, although she's been a bit poorly with a chest infection and has been waking up twice a night. The sleep deprivation is on a different level. Me and Harry are like zombies!

Summer had her first swim at three and a half weeks old. Does she love it?

Massively, and she loves bath time as well. She's definitely a water baby.



Rebecca with husband Harry and daughter Summer



Rebecca with her London 2012 bronze medal



Rebecca recently headed back to the Olympic village to see its transformation

You mentioned recently that you've found it tough getting back into shape after having Summer...

I just assumed, from looking at celebrities in magazines, that I'd get back in shape after a month – but it doesn't work like that. It is slowly coming off, but I don't want to spend every day in the gym – I want to have my time with Summer.

What kind of exercise do you do?

I go to the gym and swim two or three times a week. I also go for walks with Summer and our dogs, Millie and Daisy. I don't feel pressured by anyone. If anyone thinks that way, they haven't had a baby!

Would you like to do *Strictly Come Dancing*?

I would be absolutely rubbish at *Strictly*. I've got two left feet and no coordination.

Where do you keep your Olympic gold and bronze medals?

Locked away in the bank. I thought I could keep them in a nice glass case, but you can't put them on display because they're the first thing a burglar would take.

Tell us about your visit to the Olympic 2012 East Village...

It's the first time I've been back and it's incredible to see it being lived in now. It's where I lived when the Olympic Games were on. It was our place that we felt safe, where we could relax with our teammates.

Do you wish you were gearing up for Rio 2016?

I'm relieved not to be! I was lucky to go to two games. Now it's time for a new generation. **OK!**

REBECCA RETURNED TO EAST VILLAGE, THE FORMER ATHLETES' VILLAGE, THREE YEARS ON TO SEE HOW THE AREA HAS CHANGED. TO WATCH HER JOURNEY, GO TO WWW.GETLIVINGLONDON.COM.

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Here are just a few of our favourite items to

show you how you can recreate the glamorous look for yourselves. The best part is that everything comes with free standard delivery and free returns too. You can even choose to spread the cost so creating your very own oasis of calm has never been easier. Don't forget that at Littlewoods.com, you'll also find a ton of inspiration for your home with the latest trends and collections by designers such as Laurence Llewelyn Bowen.

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VICKY PATTISON

THE FORMER 'GEORDIE SHORE' STAR ON SQUATS, POP TARTS AND WHY SHE WON'T GO NEAR RED WINE

HEIGHT: 5ft 6in **WEIGHT:** 9st 5lb

DRESS SIZE: 8

BREAKFAST: 'Wholemeal toast, avocado, chilli flakes and poached egg and some green tea and water. If I've got a sweet tooth when I wake up then porridge with berries.'

LUNCH: 'Chicken, vegetables, salad or soup.'

DINNER: 'I eat out a lot, so I try to stick with a healthy portion of protein like steak or chicken, then spinach, green beans, broccoli – whatever's going!'

SNACKS: 'One of my Mini V protein shakes or bars, or nuts or berries.'



talking about, but really I just thought, oh f*** Off! You get a hangover with red!

What's your least favourite body part?

My thighs are my problem area. Your legs are the biggest muscle in your body, so I tend to train them twice a week if I'm having a good week. The biggest muscles burn the most calories!

And what about your favourite body part?

I quite like my waist. I've got quite a small waist and a nipped-in hourglass figure, so it's always been one of my favourite features.



How often do you work out?

Ideally, I'd like to train four to five times a week in the morning with my trainer, and that sets me up for the day. It allows me to be more mindful of what I'm putting in my mouth. I won't undo my hard work with a cheeky Mars bar!

What do you do in the gym?

I do circuits with heavy squats and lunges. I like to work out specific muscle groups – so one day is legs, the next shoulders, arms and upper back, and then another day I do a fat-loss workout. I do spin and Pilates classes, too. I like to keep my body guessing,



Vicky trains four to five times a week

then you're less likely to get bored and give up.

Did you work out while you were filming *Ex On The Beach*?

Before I went out, I just didn't have enough time in my schedule to make training a priority. I was dreading walking out of the sea but hopefully I styled it out! When you're out there, you just drink and let your hair down, so I think it's the last thing on anyone's mind.

What's your food or drink weakness?

I love wine, but never red. We were out for a meal the other night and this table of blokes next to us said: 'Why are you drinking white wine with meat? You should be drinking red!' I pretended to know what I was

and just want kale.' That's a lie. You wake up in the morning and you want f***ing Pop Tarts like everybody else! I think it's refreshing, to be honest.

You had breast implants last year – would you consider having any more surgery in the future?

I'm very pleased with the results and my body has completely come to terms with them, so I'm really happy with my decision. But I won't want loads more. Anything you can change through hard work and lifestyle, go for it. Anything that you can't, I would condone surgery.

Tell us about your new VIP collection...

I think this autumn/winter range is my best yet! I have to be actively involved to make sure the styles are flattering for women of all shapes and sizes, the clothes are on trend, affordable and make women feel sexy and confident. I wouldn't trust all of this to anyone else! I think Sam Faiers looks incredible all the time and would love to see her in some of my collection. **OK!**

VICKY'S VIP COLLECTION WITH HONEYZ IS AVAILABLE NOW AT WWW.HONEYZ.COM.



Above: Vicky models her latest collection. Left: The star didn't always look so trim as she flaunts her bikini body following her breast implant surgery – she is now three stone lighter than at her heaviest (top)

INTERVIEW BY KATIE LANGFORD-FOSTER, PHOTOGRAPHS BY FAME FLYNET, GETTY IMAGES, INSTAGRAM, PEX, XPOSURE

'I DON'T REALLY HAVE ANY FEARS'

FORMER 'STRICTLY' STAR **GABBY LOGAN** ON HITTING BACK AT THE TROLLS AND WHO'LL WIN THIS YEAR'S DANCE SHOW

It's been almost 20 years since Gabby Logan became the first woman to present a live football match and, since then, her career has gone from strength to strength.

More recently, the Leeds-born former gymnast – who's married to Scottish rugby star Kenny Logan, 43, and is mum to ten-year-old twins Reuben and Lois – has been hosting a variety of reality shows, including *Flockstars* and *Splash!*.

The 42 year old's latest role is as the host of BBC game show *The Edge*, but she says she'll also be busy cheering on her close friends Kirsty Gallacher and Katie Derham as they take part in the latest series of *Strictly Come Dancing*.

Here, Gabby talks exclusively to *OK!* about putting Twitter trolls in their place and her hopes for her children's future...

Do you think of yourself as a trailblazer for women on TV?

I was the first woman to present a live football match on television 20 years ago, but I never thought, here I am blazing a trail! It's important to do your job based on ability rather than gender.

You were in the fifth series of *Strictly* in 2007. Have your close friends Kirsty Gallacher and Katie Derham asked for any tips?

They've both asked me for advice and Katie texted and said: 'What the hell did you do with your feet and how did you deal with the pain of your shoes?!'

A couple of weeks in, how are they coping?

They're loving it, but they're both experiencing that juggle



Gabby presents game show *The Edge*

where they're working and also have children. Learning a new dance while you're doing your day job is tough, but it's a wonderful experience.

Peter Andre is the favourite at the moment. Who do you think will win?

I hope that Katie and Kirsty will be the first joint winners of *Strictly* – I can't possibly separate them! There are a lot of good dancers this year so it will be very competitive.

Sports people always seem to do well on *Strictly*...

Sportsmen are good at repeating things over and over, which is what you have to do in *Strictly*. So while most contestants are skilled in their area of expertise, they haven't had to do those hours and hours of repetitive training.

Are your children sporty and would you encourage them to pursue sport as a career?

Absolutely! My son plays a lot of rugby and my daughter loves horse riding. My job as a parent is to support their passion – and hope it doesn't get too expensive!

You won praise for criticising a Twitter troll who told you to 'get back to the kitchen'. What made you stand up to them?

It was an unnecessary reaction to a mild comment about a football match. If he's



Above: With Keith Duffy and Tom Daley on *Splash!*. Left: With James Jordan on *Strictly*

Gabby doesn't see herself as a trailblazer for female sports presenters



saying that to me, what kind of man is he? What kind of a dad? What kind of a husband? It made people think.

Tell us about your new show *The Edge*...

It's a game show that involves general knowledge and an element of rolling the ball, which is how you accrue money that you can only win if you reach the final round.

What would your specialist subject on the show be – and are you any good at bowling?

I'm okay at geography and current affairs and I think I'd roll some balls well and some not so well!! I have quite a powerful right arm.

And are you fearless?

I don't really have any fears. With my job, if something doesn't work everybody knows about it. You learn quickly that the world keeps turning and you move on. But I love my job and I love new challenges. **OK!**

'THE EDGE' IS ON BBC ONE, MONDAYS AT 2.15PM.



Above: With husband Kenny – and their kids Reuben and Lois (below)



THINK PINK!

IT'S BREAST CANCER AWARENESS MONTH AND THE BATTLE CONTINUES – WITH THE CHARITY FUTURE DREAMS AT THE FOREFRONT

One in eight women are diagnosed with breast cancer in their lifetime, which is why October's Breast Cancer Awareness month is so important. Kylie Minogue had a well documented battle against the disease, while pop star Anastacia has been diagnosed twice. 'Breast Cancer Awareness Month gives all who are facing this disease a chance to gain strength and support from each other,' says the singer.

Women the world over are helped by organisations such as the London-based fundraising charity Future Dreams. Founded in 2008 by mother and daughter Sylvie Henry and Danielle Leslie, it raises funds for treatment and research into breast cancer. Sadly Sylvie and Danielle lost their breast cancer fight within a year of one another, but their charity continues its legacy of helping others.

To mark Breast Cancer Awareness Month, Future Dreams is launching a new

range of products to help raise money for their Future Dreams Haven Appeal. Future Dreams House is also set to open in London's new King's Cross development in 2017, where it can help breast cancer patients at all NHS and private hospitals in the surrounding areas. Future Dreams House – home to The Haven breast cancer support centre – will be a multi-faceted service offering bespoke complementary treatments with physical, emotional and financial support to breast cancer sufferers and their families. This £5 million project is supported by Future Dreams' ambassadors, including Cat Deeley, Melanie C and *Strictly Come Dancing* star Kirsty Gallacher. Kirsty says: 'I have seen how vital it is to support one another when this awful illness strikes. By raising awareness and supporting the wonderful work of Future Dreams we can face this together.'



Above: Kirsty Gallacher is a Future Dreams ambassador. Left and far left: Anastacia and Kylie Minogue have both battled breast cancer

EAT WELL TO BOOST YOUR HEALTH



Future Dreams has joined forces with Professor Mohammed Keshgar – consultant breast cancer specialist at the Royal Free Hospital, and an expert in the development of breast cancer treatment – to launch a cookbook tailored to breast cancer patients. *The Breast Cancer Cookbook* (Quadrille, £20) contains more than 100 easy recipes, like the one here, to boost health during and after treatment.

Eggs are a concentrated source of nutrients, providing all the essential amino acids, all the vitamins (except vitamin C), several important minerals and the antioxidant selenium. Tomatoes are a rich source of vitamin A and C and folic acid – teaming this combination with creamy avocado, rich in healthy fats, makes it even more delicious...

MEXICAN EGGS (left) SERVES TWO

- 4 very fresh medium eggs, refrigerated
- 60g cherry tomatoes, quartered
- 1 avocado halved, stoned, peeled and sliced
- Juice of ½ lime
- 2 tbsp coriander leaves, roughly chopped
- A pinch of dried chilli flakes (optional)
- 2 slices of sourdough or other rustic bread
- Freshly ground black pepper

1. For the poached eggs, fill a non-stick frying pan with a 4cm depth of water and bring to a simmer. Crack the eggs into a small bowl or ramekins and tip them, one at a time, into the water. Allow to simmer gently for 3 minutes, then carefully remove with a slotted spoon and drain on kitchen paper.

2. Meanwhile, in a bowl, toss together the cherry tomatoes, avocado, lime juice, most of the coriander and the chilli flakes, if using, and set aside.
3. Toast the bread and place a slice on each warmed plate. Spoon on the avocado mix, then top with the poached eggs, allowing two per person. Sprinkle with the remaining coriander, a little pepper and an extra touch of chilli, if required.

PURCHASE THE BOOK THROUGH OK! AT THE SPECIAL PRICE OF £18 AND QUADRILLE WILL DONATE £5 TO FUTURE DREAMS FOR EVERY BOOK SOLD. TO TAKE ADVANTAGE OF THIS OFFER, CALL 01256 302 699 AND QUOTE CODE FK5. THIS OFFER INCLUDES FREE P&P TO UK MAINLAND AND IS VALID UNTIL DECEMBER 31 2015. PHOTOGRAPHS BY JAN BALDWIN.



BODY TALK

EXPERT ADVICE

Sometimes it can feel like an uphill struggle, juggling work, kids and friends while attempting to exercise, eat well and find time for yourself. With today's hectic lifestyles, it's no wonder so many of us feel low on energy, but a few simple tweaks to your lifestyle can help you maintain your energy levels.

DIET IS CRUCIAL

A healthy diet is one of the easiest ways to maintain your energy levels. Aim for a range of fruits and vegetables, lean protein and complex carbohydrates, such as brown rice and whole grains, which release energy slowly. Drink plenty of water rather than stimulants such as fizzy drinks and coffee, as they can lead to a sudden spike in energy followed by a rapid drop.



ENERGISE THROUGH EXERCISE

Low energy is among the most common excuses people use to avoid exercising, but it's actually one of the best ways to maintain your energy levels. Exercising first

thing in the morning can help improve your concentration and alertness, while regular exercise can also help you sleep better too.

GET SOME SLEEP

Ensuring you get your eight hours of beauty sleep every night will really improve your energy levels, as well as making you more alert and ready to deal with the day ahead. Avoid caffeine at night, as this will keep you up. Instead, switch to a cup of chamomile tea before you go to bed – this soothing herbal drink can help you drift off.

Vitabiotics Feroglobin-B12 delivers optimum levels of iron, which contributes to the normal formation of red blood cells and haemoglobin, and normal oxygen transport in the body. Iron, folate and vitamin B12 contribute to the reduction of tiredness and fatigue. Feroglobin-B12 also contains vitamin C, which increases iron absorption, and vitamins B6 and B12 which contribute to normal energy release.



Vitabiotics Feroglobin-B12
RRP £5.85 (30 tablets), available from Boots, Tesco, independent pharmacies, health food stores and online at www.feroglobin.com.

CHECK YOURSELF

Early detection of breast cancer is key. Make time to check your breasts for lumps and changes in shape and texture and tell your doctor if you notice anything different. Most breast lumps aren't cancerous but always get them checked out by your GP. See the NHS website (www.nhs.uk) for more information on how breast cancer is diagnosed.

The risk of breast cancer increases with age and so in the UK all women who are 50 to 70 years old are invited for a breast cancer screening every three years. Those with a higher than average risk of developing breast cancer may be offered earlier screenings and genetic testing for the condition. Global studies have taught us a lot about diet and lifestyle influences. For example, there are low breast cancer rates in Japan and high breast cancer risks in the US and northern Europe; this is thought to be as a result of unhealthier diets and lifestyles in the West.



Above: Regular exercise can lower your chances of getting cancer. Below: How the new Future Dreams House will look



Eating plenty of fruit and vegetables, maintaining a healthy weight and taking regular exercise will help you stay as healthy as possible.

HELP RAISE FUNDS

For the month of October, you can pamper yourself and support breast cancer research. Leading nail brands, including Seche, Red Carpet Manicure and Morgan Taylor are taking part in the Nail Breast Cancer campaign. Every participating salon will ask its clients to pay just a £1 addition to all manicures and treatments during October to be donated to Future Dreams. To get involved in Future Dreams' brick appeal to raise £5 million to build the Future Dreams Haven House, visit www.futuredreams.org.uk or email brickappeal@futuredreams.org.uk. **OK!**

FEATURE BY OK! HEALTH EDITOR YASMINE GRIFFITHS
PHOTOGRAPHS BY GETTY IMAGES

THREE CHARITABLE BUYS FOR BREAST CANCER MONTH



SCENTED CANDLES, £25

Delicately fragranced with rosemary and bergamot or lavender and vetiver, this is the perfect accompaniment to a relaxing bath, with 75 per cent of each purchase going to Future Dreams. Buy online at www.futuredreams.org.uk.



SCARF, £100

Wrap up warm with this chic scarf, which will make any outfit look good – 50 per cent of the sale price will go to Future Dreams. See www.lilyandlionel.com.



BOUQUET, FROM £75

We adore this romantic bouquet by top florist Wild At Heart – a 25 per cent donation will be made to Future Dreams. Visit www.futuredreams.org.uk.

WIN A BEAUTIFUL BOUQUET!

There's nothing nicer than a vase of fresh cut flowers to boost your mood and brighten your surroundings, either at home or in the office. It's recognised that fresh blooms help raise feelings of wellbeing and contentment, as they're said to lift your spirit and encourage positivity. With that in mind, OK! has teamed up with florist.co.uk to give six lucky winners the chance to win a stunning Bakewell Tart bouquet in sweet and subtle shades of pink and luscious lime. **For your chance to win one of six stunning bouquets (worth £35.90), simply tell us in which reality TV show Amy Childs shot to fame.**



To enter call 0901 154 2677 (50p plus your telephone company's network access charge). Maximum 1 minute. Or text **OK!COMP** followed by your answer, name and address to 87080 (50p). Texts cost 50p plus your usual network rate. You can also enter via post. Send your answer, issue number (which can be found on the front of your magazine) and details on a postcard to OK! Health Comp, PO Box 12581, Sutton Coldfield B73 9BX. Entrants must be 18 or over. Competition closes October 12 and three working days later for postal entries. Winners will be selected at random from all correct entries received by October 15. For full terms and conditions, see competitions.ok.co.uk. SP: Spoke, 0333 202 3390. The editor's decision is final. For SMS, you may receive other related promotional offers/services. To stop receiving, send NS NOINFO at the end of your message. Express Newspapers/Northern & Shell reserves the right to offer these promotions in its portfolio of titles. Prize is subject to availability. Images for representational use only.

MUSIC 'FUNK & SOUL CLASSICS' CRAIG CHARLES



The popular DJ and *Coronation Street* actor releases his latest three-disc compilation of classic tunes through to those of a more recent groove. Craig proves he's right on the money, selecting such gems as The Jackson Sisters' *I Believe In Miracles*, Wilson Pickett's *Land Of 1000 Dances* and MFSB *TSOP (The Sound of Philadelphia)*. So even if your clubbing days are just a fading memory, push back the sofa and kick off your shoes to enjoy these funky beats.

PG ★★★★★ OUT NOW

FILMS 'SUFFRAGETTE' (12A)

It's hard to imagine British women being denied the vote, but the battle was just beginning in the early 1900s.

Inspired by true events with a fictional character at its core, this drama stars Carey Mulligan (right) as Maud Watts, a factory worker who joins the suffragette movement – much to the dismay of her husband (Ben



Whishaw), who fears the impact on the family's reputation. The setting is bleak and the storytelling a little slow, but the

subject matter is inspiring and the cast are terrific, including Mulligan, Helena Bonham Carter, Anne-Marie Duff and the mighty Meryl Streep as leader Emmeline Pankhurst.

AS ★★★★★

OUT NEXT MONDAY.

CAUGHT LIVE!

MUMFORD & SONS

APPLE MUSIC FESTIVAL, ROUNDHOUSE, CAMDEN, LONDON

Taking to the stage for the penultimate night of the Apple Music Festival, Mumford & Sons left the crowd wanting more at the end of their 90-minute set.



With hits such as *I Will Wait*, *Lover Of The Light*, *The Wolf*, *Little Lion Man* and a cover of *Sweet Dreams (Are Made Of This)*, the band put on an energetic performance for the lively London crowd. But the standout moment of the night was when they turned off their microphones for an acoustic performance of *Cold Arms* – from their latest album *Wilder Mind* – to a silent audience who didn't want it to end. KH ★★★★★

VISIT WWW.APPLEMUSICFESTIVAL.COM

'THE WALK' (PG)

Back in 1974, French high wire artist Philippe Petit stunned the world when he walked the void between the Twin Towers of the World Trade Center, with not a net or safety harness in sight to break his fall. In Robert Zemeckis's take on the biographic tale, Joseph Gordon-Levitt (right) takes on the role of the tightrope walker as he and his unlikely group of pals, including girlfriend Annie (Charlotte Le Bon), plot to bring his crazy stunt to fruition. Showcasing the spectacular visuals Zemeckis has proven he's capable of with previous hits including *The Polar Express*, seeing the world-famous landmark in all its glory adds a poignancy to the tale that will resonate



long after viewers leave their seats. A big-screen spectacular for moviegoers of all ages who want a truly breathtaking cinematic experience. KLF ★★★★★

OUT THIS FRIDAY

THIS WEEK'S TELLY



'THE ONLY WAY IS ESSEX' ITVBE, SUNDAY, 10PM

Shut up! After the opening two episodes in *Marbles*, the crew return to Brentwood for more constructed reality dramas. While a big hole has been left by the departure of Gemma Collins, Lydia and Arg are back with their off-on-off-again relationship – and will Mark Wright's sister Jess find *The One*? Comedian Gráinne Maguire has said of the show: 'Nothing ever happens in it. It's like a never-ending hen night mixed with *Waiting For Godot*.' All good fun, though! PG

HOT TICKET!

LONDON EYE CHAMPAGNE EXPERIENCE

Looking to celebrate a special occasion while taking in the capital's iconic skyline? Then head to the London Eye for an extra-special flight with some added sparkle. After enjoying a glass of pre-flight fizz in the Pommery bar, OK! hopped aboard one of the eye's 32 capsules and headed up, up and away – watch your step, it moves faster than it looks! During the half-hour ride, we soaked up the sights – pointed out with some fun facts by the capsule host – while enjoying a glass of chilled champers. A brilliant way to see London on a high. NB



THE COCO-COLA LONDON EYE CHAMPAGNE EXPERIENCE COSTS FROM £28.80PP, WHEN BOOKED ONLINE IN ADVANCE. PRICE INCLUDES PRIORITY BOARDING, ONE GLASS OF CHAMPAGNE AND ENTRANCE TO THE NEW 4D EXPERIENCE. SEE WWW.LONDONEYE.COM.

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AFTER HIS MARRIAGE BREAK-UP

'I THINK I'M MORE GROWN UP'

BRIAN McFADDEN ON BEING SINGLE AGAIN, HIS ACTING ASPIRATIONS AND WHY HIS TWO DAUGHTERS ARE 'WARY' AROUND HIM!

This year has been one of mixed blessings for pop star and TV presenter Brian McFadden. While his career seems to be flourishing, he's dealt with the break-up of his marriage to model Vogue Williams, 29. Yet the 35 year old remains resilient about relationships, recently saying: 'I'd rather be happy and have a few failed marriages than one marriage and be unhappy.' Still, Brian is staying tight-lipped about exactly why the couple split. 'Me and her had our personal reasons and we have remained friends and that's it,' he says. 'We've moved on and we're both happy.'

Since returning to the UK after several years living in Australia, the former Westlife star's relationship with his two daughters – Molly, 14, and Lilly-Sue, 12, from his marriage to singer Kerry Katona – has flourished. He presents popular ITV show *Who's Doing The Dishes?* and a weekly radio show, plus he's getting ready to launch his fourth solo album. Here, Brian talks to *OK!* about fatherhood, the Westlife reunion rumours and how he still believes in fairytale love...

Has your recent break-up with Vogue changed your opinions on 'forever' love?

No, it hasn't changed my idea of love and marriage at all. I don't plan

on getting married again but you never know – my life has changed so much over the years. From 18 to 24 I was with someone [Kerry], then 25 to 31 with another person [Australian singer Delta Goodrem] and from 31 it was another [Vogue]. Now I'm 35, I think I'm more grown up.

Your two daughters are growing into young women. Have you noticed any teenage behaviour yet?

The girls are very well-behaved around me. I get the rare cheeky comment but their mum, Kerry, tells me they are a lot cheekier around her – they're warier in front of their dad. I do hate how much they're on their phones, though, they have to be taken away when they're seeing me. When I was 14 I would never have dared to do something like play a video game during dinner.

Do you worry about them?

I think all parents worry about their children nowadays because they're so open to things on the Internet. My girls seem so much older than I was at their age.

How would you feel if the girls wanted to follow you and Kerry into pop music?



Brian and Vogue with his girls Molly (far right) and Lilly-Sue



The star and his second wife Vogue split up this year, but they are still close friends



'I don't plan on getting married again but you never know,' says Brian

I'd be fine, but they'd need to finish their education first so they had something to fall back on. I did my final exams while I was in Westlife because Louis [Walsh, the band's manager] said it was important. I know Molly definitely wants to go to university, which I would encourage. I always tell them that we are very lucky. There's a one in a million chance at being successful at what we do. You could be the most talented person in the world and it doesn't mean jack.

Do you want any more children?

My two make me think I want more little girls because they're so good. At the moment I've got two children and they're very happy.

There are rumours circulating of Westlife reuniting as a fivesome – are they true?

The only people not speaking about a reunion are the Westlife lads. We've not spoken about it, not once.

You, Markus [Feehily] and Shane [Filan] are bringing out solo music at the same time – will there be some rivalry?

That was completely by accident! There's no rivalry there.

You're friends with Niall Horan. Have you given him advice for when One Direction take a break?

He'll just be doing the same thing he's been doing with One Direction. His voice and the people he'll work with will just be an extension of that.

You're as famous for your TV presenting now as you are for your music. Will you be trying acting?

I do love doing TV but I see myself as a musician who does a bit of TV work. I definitely want to give acting a go, though. I'd planned to go to LA in January but now I'm tied up promoting the album. I'd probably be rubbish, though! I wouldn't ever do anything like *Big Brother* – I don't want to be on TV just talking to people.

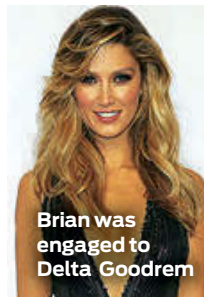
Your new single, *Call On Me Brother*, is inspired by your male friends. Is any of the new album inspired by your relationship with Vogue?

No, a lot of my songs in the past were based on what was going on in my life at the time but I have learnt not to do that anymore. I can actually write songs that don't have to be about me and what I'm going through! **OK!**

BRIAN WILL PLAY BUSH HALL IN LONDON ON NOVEMBER 3 AND HIS SINGLE 'CALL ON ME BROTHER' IS OUT NOW.



He shares two girls with ex-wife Kerry Katona



Brian was engaged to Delta Goodrem

INTERVIEW BY CAROLINE MCGUIRE
PHOTOGRAPHS BY GETTY IMAGES, REX, WENN, WIRE IMAGE

MUSIC 'THE LETTER'

LEMAR



Back with his sixth studio album, the double BRIT award-winning, multi-platinum-selling *Fame Academy* graduate hits all the right notes with this collection of re-imagined classics

and original tracks. Launched at London's Mondrian Hotel, *The Letter* opens with the soulful *Higher Love*, complete with trumpets and a cracking falsetto, before slowing things down with the album's second single, the heartfelt *Love Turned Hate*. Recorded in Los Angeles, it's a stunning effort that shows off his honeyed vocals to perfection – and his cover of Soft Cell's *Tainted Love* is an unexpected corker. **NB ★★★★★** OUT THIS FRIDAY



'NOW THAT'S WHAT I CALL POP'

VARIOUS ARTISTS

Pop is often used as a derogatory term, but here at OK! we love a chart-topper

– and this album brings together some of the finest hits from the last few years! What's not to like on this 66-track offering? Included are Ella Henderson's *Ghost*, the instantly body-shaking *I Love It* from Icona Pop and Charlie XCX, and David Guetta's mighty *Titanium* featuring the vocal powerhouse that is Sia. Remember, pop music is just present day hits that will be remembered in the future!

PG ★★★★★ OUT NOW

EVENT WINTER WONDERLAND HYDE PARK

Believe it or not, there's just over six weeks left until the annual spectacle opens once more in London's Hyde Park – and organisers are promising it's bigger and better than ever! New attractions include the City Skyliner, offering 360-degree views across the capital – the Airmass Smashing Jump and the truly terrifying Hangover Tower. Regulars returning include The Magical Ice Kingdom, Giant Wheel, Ski Zillertal Ice Rink and Zippos Circus – plus the Bavarian Village and Christmas Markets. It ranks among the best festive events in the world!

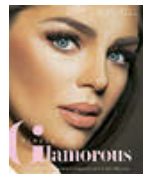
WINTER WONDERLAND RUNS FROM FRIDAY NOVEMBER 20, 2015 UNTIL SUNDAY JANUARY 3, 2016. FOR MORE INFORMATION AND ADVANCE TICKETS, GO TO WWW.HYDEPARKWINTERWONDERLAND.COM.



BOOK 'SIMPLY GLAMOROUS'

BY GARY COCKERILL

He's adored by the likes of Melanie Sykes, Kelly Brook and Eva Longoria, and now celebrity make-up artist Gary Cockerill has powdered and glossed his way into publishing. His first book breaks down his techniques into easily digestible sections, proving that with a few insider secrets and a bit of practice, we can all enhance our features and our confidence. Whether you're a make-up virgin or a seasoned contouring queen, Gary's top tips and transformations are bound to leave you impressed. **JC ★★★★★** OUT NOW



'SIMPLY GLAMOROUS: MAKE-UP TRANSFORMATIONS TO MAKE YOU LOOK & FEEL FABULOUS' BY GARY COCKERILL (JACQUI SMALL, £25) WITH PHOTOGRAPHY BY VIKKI GRANT.

CAUGHT LIVE

'ON THE ROAD AGAIN TOUR' ONE DIRECTION AT THE O2, LONDON

They might be one member down, but Harry, Niall, Liam and Louis were on top form for their record-breaking 23rd night at the O2 last week. The foursome left theatrics at home and proved yet again why they're the world's biggest boy band, performing all the hits including *Little Things*, *Midnight Memories* and *Drag Me Down*. From hardcore Directioners to mums, dads and boyfriends, not a single heart in the house wasn't won over! **KLF ★★★★★**

BUY ONE DIRECTION TICKETS FROM WWW.STUBHUB.CO.UK, AN ONLINE TICKET MARKETPLACE THAT CONNECTS BUYERS TO SELLERS.



THIS WEEK'S TELLY



'THE APPRENTICE'

BBC ONE, WEDNESDAY OCTOBER 14, 9PM

Returning for an 11th series, *The Apprentice* sees a new batch of 18 hopeful candidates battle it out to become Lord Sugar's new business partner – and gain a £250,000 investment for their start-up idea! Returning to Lord Sugar's side is Karren Brady, joined by Claude Littner who has been promoted from interviewer. In the first show the teams are sent off to Billingsgate Market to turn seafood into tasty lunches for hungry Londoners. But who will take the winning place and who will turn out to be a damp squid?

HOT TICKET! 'ANTON & ERIN: JUST GOTTA DANCE'

Once again, the king and queen of ballroom – Anton Du Beke and Erin Boag – will be grabbing their dancing shoes for a seventh national tour. With Anton a *Strictly* professional and Erin on the show for ten series, the pair are sure to wow with their show-stopping choreography to classics like *Fever* and *New York, New York*, delivered by a 25-piece orchestra. Concluding with a Q&A, audiences are sure to be in for some banter, too!

SEE WWW.RAYMONDGUBBAY.CO.UK FOR TICKETS.



REVIEWS BY KATIE LANGFORD-FOSTER, JOSIE COPSON, NANCY BROWN, PHIL GOULD; PHOTOGRAPHS BY BBC, GREGORY MICHAEL KING, REX, VIKKI GRANT

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AS HER 'DANCE MUMS' SHOW RETURNS

'THREE BOYS IS A DREAM COME TRUE'

JENNIFER ELLISON ON LOVING BEING A MUM, NOT BEING OBSESSED BY HER LOOKS ANY MORE AND HER JOY OF FISHING!

When we last spoke to Jennifer Ellison, she had just welcomed her third child, Charlie, now aged one. It had been a difficult few years, as the actress was told she'd struggle to conceive again after having her first child, Bobby, five. 'I'm so lucky,' the 32 year old tells us, admitting that life is about 'making memories' with her brood – which also includes son Harry, two – and husband of six years, Rob Tickle.

So precious is her family unit that it's a part of her work life, too. Rob owns and manages their dance school, Jelli Studios, while Bobby will sometimes 'dance round the studio' to *Uptown Funk*! After they set up the performing arts school four years ago, it's since become the home of

Dance Mums With Jennifer Ellison, a British version of the popular US show, which sees Jennifer handle young dancers and their mums who are working to win competitions. Season two returns to our screens next week. But, after appearing on a slew of reality shows such

as *Hell's Kitchen* and *Dancing On Ice*, Jennifer – who played Emily Shadwick in *Brookside* for five years until 2003 – insists it will be the last reality TV she does: 'I've got *Dance Mums* and I'm loving it!'

But Jennifer, who had a solo music career in the early noughties and has been a trained dancer since she was a tot, still loves the stage, having starred in shows including *Legally Blonde* and *Chicago*.

Here, she opens up about having more children, the future and how she loves going fishing – yes, really!

Do your three boys like to dance?

Harry and Charlie are too young, but Bobby's quite interested. But I'm not pushing him. Sometimes he'll say: 'Mummy, put "don't believe me just watch" on' [*Uptown Funk*] and he'll dance round the studio.

Did you ever expect you'd be in a house full of boys?

No, I never thought I'd be surrounded by dinosaur Lego! I find myself thinking, when on earth did this all happen? But I absolutely love it. I'm so lucky. I would've loved a girl, but on the other hand it would've changed the whole dynamic of the house. To have three boys is a dream come true.

You were told you'd have trouble conceiving after Bobby...

I'd always had a lot of problems and when I was getting scanned with Bobby, they told me: 'You'll



Left: Jen says she used to be 'always in the gym' – and showed off her incredible results in 2012 (below) – but now prefers spending any free time with her boys

struggle to get pregnant again.' They never ruled it out, just said it'd be more difficult. [Doctors discovered Jennifer had large ovarian cysts when she gave birth to Bobby.]

You must have been devastated...

Yeah, we'd always wanted more than one child. But we felt lucky to have Bobby, we didn't get too down about it. Then I got pregnant soon after!

Will you be having any more children?

No, we've got three under the age of six so we're pushed to our limits at the moment. The thought of having another one is like, oh my God, and getting our lives back to normal and then going back to square one again terrifies me.

Do you and Rob get any help with the boys?

I don't think doing what we do would be possible if we didn't. Rob's mum and my mum are both amazing.



What do you like to do as a family?

We love going fishing! My uncle used to take me and I've always really enjoyed it, so it's lucky the boys love it, too.

How do you juggle work, a family and staying in shape?

I'm overweight at the moment, because the spare time I've got I want to spend with the boys. I used to be obsessed with what I looked like, always in the gym, and

now I just don't care – there are other priorities. Last year, I didn't have time to lose my baby weight because we had to get the new studio open. I want the boys to look after themselves but they don't see us spending hours getting ready. We're more like: 'Let's go out for the day.' It's about making memories.

Tell us about *Dance Mums*...

There's tears, tantrums, tiaras, talent – all with a dash of sequins. The passion from the mums drives the whole thing. You can't blame them for wanting the best for their children but sometimes they go about it the wrong way... **OK!**

'DANCE MUMS WITH JENNIFER ELLISON' RETURNS TO LIFETIME ON MONDAY OCTOBER 12 AT 9pm.



Dance Mums With Jennifer Ellison, a British version of the popular US show, which sees Jennifer handle young dancers and their mums who are working to win competitions. Season two returns to our screens next week. But, after appearing on a slew of reality shows such



Above: Bobby, Charlie and Harry. Above left: The star with her husband Rob. Right: Jen in action on *Dancing On Ice*



INTERVIEW BY SARAH KWONG; PHOTOGRAPHS BY ANDREA SOUTHAM FOR SKY LIVING 2015; GETTY IMAGES; REX; TWITTER

'DAISY HASN'T GOT THAT NUTTY THING I HAD'

PEARL LOWE SPEAKS EXCLUSIVELY TO OK! ABOUT LIFE IN THE STICKS, HER CLUED-UP KIDS AND THE SECRETS OF HER 20-YEAR RELATIONSHIP

Saying Pearl Lowe's life has been a whirlwind of adventure would be a bit of an understatement. The 47-year-old now works as an interiors and fashion designer and enjoys a calm existence in Somerset with her husband, former Supergrass drummer Danny Goffey, 41, and their children. It is, as she says herself, 'so far removed from my old life'.

The old life she's referring to began when she found fame as a singer in indie band Powder during the '90s and became part of the 'Primrose Hill Set', which also counted Kate Moss and Sadie Frost as members. What followed was a long battle with drug addiction – which continued while she was pregnant with her son Frankie and caused the breakdown of her career.

Eight years ago, she decided enough was enough and fled the temptations of London for the quiet of the countryside. Her two youngest children, Frankie, 16, and Betty, nine, live at home, while Alfie, 18, is at university and model Daisy, 26 – whose father is Bush frontman Gavin Rossdale – lives in the capital.

Now, with a memoir *All That Glitters* and interiors book *Vintage Craft* under her belt, her booming business and beautiful family, Pearl has found her happy place. Here, she chats about her former life, her daughter Daisy's famous curves and reveals why she loves being boring...

How's life in Somerset?

It's wonderful. Moving here gave me everything. We've been in our current house for 18 months

and we're so happy. Up until we found this place, we were serial movers. Now I can do up other people's houses and I don't feel I need to do mine – my husband is so happy!

Do you keep in touch with your old London gang?

Kind of. The journey from Somerset's so long and you have to make a life here, so you can't be rushing back to London. At the moment I work in London, but I don't socialise there. I want to get on that last train home and see my children.

You work in both fashion and interiors – which do you prefer?

Whatever makes me feel excited. At the moment that's my first children's range. Betty loves dressing up and I'd always find these wonderful costumes in flea markets, but she'd complain they were too scratchy. I decided to create fantastic outfits that would be comfortable. Interior designing also excites me. I've had lots of requests to do people's houses.

Is that why you decided to work with the Wood Window Alliance?

Yes. I don't like plastic or PVC windows – I'm an ambassador to encourage more people to choose wood windows. I really love traditional, old houses and, in my work, I always try and bring back the period of the house.

What do you do in your downtime?

I love going for long walks along the river in the countryside with our dogs, Angie and Brian. Then when I get home I like hot chocolate in front of the fire. I know I sound so old and boring, but that's what we're like at the weekends.

Do you get to see Daisy often?

I make sure I see her whenever I'm in London. We're so close, we're like friends more than mum and daughter. She used to come down every other weekend but now

that's not so easy. She misses her siblings so she can't stay away for too long.

She's a role model for being a curvier girl – are you proud of that?

I love that! It's such a shame because most women have voluptuous bodies, but they starve themselves not to. It's great that Daisy's a role model, but she's still a size 8.

Were you ever worried about her taking a similar path to yours?

Not at all. She's so different to me. She's well behaved, doesn't really drink much, she just hasn't got that nutty thing that I had.

How are your other children doing?

Alfie's gone to Bristol University to study music. Frankie is an incredible artist. Betty's at school, but she's a complete power ball – she rules the roost in our house. She tests all my costumes and she's actually a great model. She just starred in a Marc Jacobs campaign. They're all really creative. I'd love it if none of them were in the limelight – I don't think it necessarily brings you happiness – but they've got really good heads on their shoulders.

How have you sustained your relationship with Danny?

We're best friends, we get on really well and he makes me laugh a lot. We celebrated our 20-year anniversary in the summer.

How's his solo work going?

Really well. His album comes out this month. I'm styling the video, which Betty, Alfie and Frankie are starring in. Sometimes Danny writes music and asks me to sing it. I would, but I'm too busy! **OK!**

PEARL IS AN AMBASSADOR FOR THE WOOD WINDOW ALLIANCE (WWW.WOODWINDOWALLIANCE.COM), WHICH IS COMMITTED TO ENHANCING HOMES WITH BEAUTIFUL ENERGY-SAVING WOOD WINDOWS.



The designer loves her new life in Somerset



Above: With husband Danny and daughter Daisy. Above right: Frankie, Alfie, Betty and Daisy



With Kate Moss in her Primrose Hill days

CELEBRITY HOTSPOT



Above: Bedrooms feature hand-printed wallpaper and funky furnishings. Below centre: Alexa Chung is a fan of the London hotel (below right)

THE ARCH, LONDON

WHAT IS IT?

Tucked away in London's Marylebone, The Arch is a sophisticated Art Deco, boutique hotel. The family owned and run establishment – which opened in 2010 – offers 82 five-star rooms and suites with hand-printed wallpaper, the glamorous Hunter 486 restaurant and the timeless Martini Library, with its own bar and period stone fireplace.

WHY DO WE LOVE IT?

During our trip to The Arch, OK! was lucky enough to sample the hotel's new street food-inspired afternoon tea menu in the Martini Library (£29, or £39 with champagne or a cocktail). Food is served on two wooden planks, with one consisting of savoury food and the other sweet. Savoury delights include mini cheese burgers with onion marmalade, smoked chicken, avocado and mango tortillas, mini handmade Scotch eggs with piccalilli, chicken satay and mini fish and chips, while sweet treats include



The Arch's street food-inspired afternoon tea

homemade macaroons, mini coffee eclairs, lemon and mango rice pudding and mini Victoria sponges.

An extensive selection of Jing teas and champagne are also available, but OK! couldn't resist the signature street food-inspired cocktails. We sipped on Indian Clouds, a homemade jasmine tea-infused cocktail, and Cuban Lager, a tasty mojito without the rum. A delicious twist on a British classic, the afternoon tea is also available in a vegetarian option.

WHO GOES?

The Arch has seen a host of stars walk through its doors, including Princess Beatrice, Alexa Chung, Madonna – the hotel is opposite her London home – Denise Van Outen, Bruno Mars and footballer Cristiano Ronaldo.

WHAT ELSE?

This October, the hotel will launch The Art Of Chocolate masterclass (£70). Guests will be treated to a glass of champagne upon arrival in a bespoke edible chocolate



flute, followed by the chance to work with award-winning chocolatier Paul Wayne Gregory, who recently featured on *The One Show*. The three-hour session will not only include the chance to learn how to make and decorate with chocolate, but there will also be plenty of tasting! **OK!**

FOR MORE INFORMATION, VISIT WWW.THEARCHLONDON.COM OR CALL 020 7724 4700. OK! READERS CAN ENJOY TEN PER CENT OFF AFTERNOON TEA WHEN BOOKING IN ADVANCE BY PHONE. QUOTE 'OK10' WHEN BOOKING.

REPORT BY KIRSTY HATCHER; PHOTOGRAPH BY GETTY IMAGES

JAMMIN' JAMAICA

OK! HEADS OUT TO THE CARIBBEAN ISLAND FOR A FAMILY HOLIDAY TO REMEMBER...



Main: White sandy shores and a huge waterpark for the kids (below) await at the Beaches resort. **Below centre:** Caribbean girl Rihanna has performed in Jamaica

With temperatures dropping and the nights drawing in, you may be missing that summer dose of sun. Well a winter holiday to Jamaica will offer you plenty of balmy sunshine as well as stunning palm-fringed beaches, non-stop reggae beats and rum-based cocktails!

If you're looking for a modern beach-front hotel, offering endless watersports and entertainment, head to one of the bustling tourist resorts of Montego Bay or Ocho Rios on the northern coastline. There is, however, far more to this Caribbean island than sundowners and snorkelling, as *OK!*'s Kirsty Tyler found out when she flew out for a family break...

WHERE CAN I STAY?

OK! chose the family friendly Beaches in Ocho Rios – a spa, golf and waterpark resort – as we felt that, with so many activities on offer, our kids would never be bored! Plus, as it's an all-inclusive property, we knew we wouldn't have to pay out on extras and meals while we were there.

The 223-room ocean-front hotel – set in 23 acres of land and backed by lush mountains –

offers 16 room categories, including the ultra-spacious Caribbean deluxe rooms, perfect for those travelling with kids.

For water babies, the resort has its own private beach, endless water sports (banana boating, paddle boards, kayaks) and three pools – one dedicated to scuba diving classes. The *pièce de résistance* for our kids, however, was the Pirates Island Waterpark – 27,000sqft of enticing slides, flumes, water cannons and a lazy river. There's even an ice cream and soda machine for a quick refuel between the watery spills and thrills! Another favourite with the kids were the *Sesame Street* activities on offer – from stage shows and puppet making to costume parades. You'll see Big Bird, Elmo and the Cookie Monster wandering around the resort handing out popcorn and candy floss, while you can also enjoy breakfast with the

characters or get them to tuck the kids in at bedtime.

There's plenty for parents to do, too. Sign the kids up for the nanny service then enjoy some 'me time' – relax at the Red Lane Spa, play a round of golf or have 40 winks on a sunlounger.

There's also plenty to occupy teenagers in the Trench Town – all murals and graffiti – where we



spied a snooker table, an Xbox play lounge and a DJ academy.

WHERE CAN I EAT?

Whatever your food preference – Italian, Mediterranean, seafood, barbecued burgers and steaks or French crepes – you'll find all these on offer at the resort. We dined on the sea-facing terrace at Eleanor's, the upmarket Caribbean restaurant, where we loved our Bahamian conch chowder and the signature dish, Blue Mountain coffee marinated beef striploin. You'll find more Jamaican specialities – Jamaican patties, jerk chicken, Jamaican escoviteched fish, sweet potato pudding and Jamaican grater cake – at the Bayside buffet. Make sure you wash dinner down with either the popular fizzy grapefruit drink Ting, a Red Stripe beer or a rum cocktail.

WHAT MUST I DO?

OK! signed up for a day trip with Island Routes, which began with a short boat ride from the hotel to Dunn's River Falls, one of Jamaica's most popular tourist attractions. Clambering up to this top of this stunning waterfall, all cascading



OK! stayed at the all-inclusive Beaches resort in Ocho Rios





Climb Dunn's River Falls

water and ice-cold lagoons, is an unforgettable experience. Following behind a guide, each group of around ten people link hands in a human chain as you hike up the slippery boulders to the top of the 600ft waterfall. The climb takes around an hour and it's best to wear a swimsuit, water shoes (which can be hired) and bring a towel as you will get wet. For those don't want to climb the waterfall, there are stairs by the side – but this route is not nearly as much fun!

Afterwards, we visited the Blue Hole, another stunning waterfall but one that's hidden away in the hills and much less touristy.

Another trip highlight was our visit to Dolphin Cove in Ocho Rios. We signed up for the dolphin encounter, where we were able to swim with a bottlenose dolphin called Ziggy. For the more fearless, you can also swim with nurse sharks and stingrays. The kids also loved seeing the iguanas, snakes and birds at the park's Jungle Trail Walk. Afterwards, we lunched on jerk chicken at the on-site restaurant and listened to the reggae band.

Across the road from Dolphin Cove is Mystic Mountain, an eco park offering lots of adrenaline-pumping activities. The Sky Explorer chair lift whisks you up 700ft through the rainforest



Bobsled through the forest at Mystic Mountain

canopy to the summit. At the top you can go bobsledding, where you hurtle down a 1,000m track through the forest, or zip line through the rainforest and over gorges.

WHAT STARS MIGHT I SEE?

No trip to Jamaica would be complete without visiting the Bob Marley Museum, the house in Kingston where the musician lived until his death. His son Ziggy still lives and performs on the island. Other famous islanders include Olympic champion Usain Bolt, former boxer Lennox Lewis (who lives in Montego Bay), Manchester City footballer Raheem Sterling and singer Ormi, whose hit *Cheerleader* dominated the charts this summer.

Grace Jones is a fan of the Geejam Hotel. It has its own recording studio that's also attracted the likes of Alicia Keys and Snoop Dogg. The annual Reggae Sumfest attracts headline acts such as Usher, Shaggy (another

local boy), Rihanna and Jason Derulo. Beyoncé and Jay Z have also enjoyed a holiday in Jamaica with their daughter Blue Ivy.

James Bond enthusiasts will be in heaven as not only have scenes from *Live And Let Die* and *Dr No* been shot on the island, but you can also visit the Goldeneye

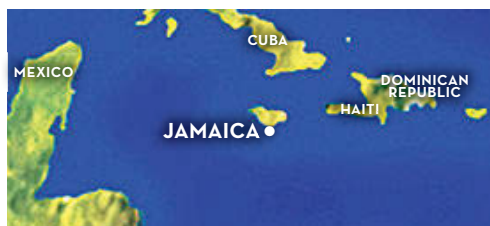
Resort, where Bond creator Ian Fleming had his holiday home and wrote his books.

HOW DO I GET THERE?

A seven-night stay at Beaches Ocho Rios costs from £4,519 for a family of four (two adults and two children). Price includes Luxury Included all-inclusive accommodation in a Caribbean deluxe family room, return flights from London Gatwick with Virgin Atlantic and resort transfers. Price valid for departures between May 4 and June 24 2016. To book, call 0800 597 0002 or visit www.beachesresorts.co.uk. **OK!**

DUNN'S RIVER FALLS AND THE DOLPHIN ENCOUNTER EXCURSIONS WERE ORGANISED BY ISLAND ROUTES CARIBBEAN ADVENTURES (WWW.ISLANDROUTES.COM). FOR TOURIST INFORMATION, SEE WWW.VISITJAMAICA.COM.

REPORT BY KIRSTY TYLER EDITED BY ANNABEL MACKIE, OK! TRAVEL EDITOR TRAVELLERS' TALES BY NANCY BROWN PHOTOGRAPHS BY ALAMY, GETTY IMAGES, REX



5 OF THE BEST HOLIDAY WASH BAGS



1 SANCTUM SOHO ROSE SLOUCH TRAVEL BAG, £26, www.very.co.uk. This roomy wash bag is our long-haul favourite. Pretty in pink and with enough room for all those essential holiday toiletries.

2 BRAMLEY WASHBAG GIFT SET, £36, www.bramleyproducts.co.uk. This pretty floral wash bag contains four 100ml products. Full of essential oils such as geranium, rosemary, juniper berry and mandarin, it's a wash bag winner.

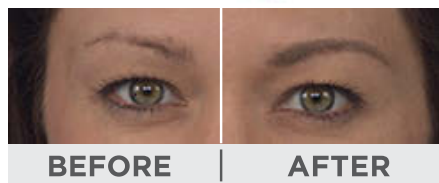
3 BAGSY FLAMINGO PRINTED COSMETIC BAG, £15, www.feelunique.com. The pretty print on this smaller bag caught our eye. It's the perfect size for the beauty brand's mini make-up essentials.

4 TED BAKER HANDBAG ESSENTIALS GIFT BAG, £12, www.boots.com. This clear bag contains a body lotion, body spray and vanilla lip balm, and makes for a great make-up bag once you're home from.

5 ORLA KIELY LARGE HANGING WASH BAG, £34, www.johnlewis.com. The designer has updated her prints for AW15 and we love the florals adorning this waxed wash bag.

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MARY BERRY

THE DOYENNE OF HOME COOKERY SHARES TWO DELICIOUS RECIPES FROM HER NEW AGA COOKBOOK

SALMON EN CROUTE WITH ASPARAGUS

SERVES EIGHT

INGREDIENTS

- 700g (1 lb 9 oz) thick asparagus spears, trimmed
- 1 x 280g (10 oz) packet full-fat cream cheese
 - 1 egg yolk
- Juice and finely grated zest of 1 lemon
- 1 good tbsp chopped fresh parsley
 - 1 good tbsp chopped fresh tarragon
- 1 tbsp chopped fresh dill
 - 1 tbsp snipped chives
- Salt and freshly ground black pepper
- 1 x 500g (1 lb 2 oz) packet puff pastry
 - 1kg (2¼lb) side fresh salmon, skinned
 - 1 egg, beaten
- 6 tbsp full-fat mayonnaise
- 150ml (¼ pint) double cream

Full of flavour, colour and design!
Prepare ahead: Can be made up to a day ahead. Not suitable for freezing.
Conventional oven: Bake on a hot baking sheet in an oven preheated to 200°C/fan 180°C/gas 6 for 30 to 40 minutes.

In an Aga:

1. Bring a pan of salted water to the boil on the Boiling Plate, add the asparagus and blanch for three minutes until just tender. Drain and refresh in cold water. Drain again and put to one side.
2. Spoon the cream cheese into a mixing bowl, add the egg yolk, lemon zest and half the chopped herbs, season with salt and pepper and mix well.
3. Roll the pastry out to 50 x 40cm (20 x 16in) on a floured work surface. Slice in half lengthways and put one half on a piece of non-stick paper on a baking sheet. Place the side of salmon on top and brush the pastry round it with beaten egg.
4. Spread the salmon with half the cream cheese mixture. Arrange the dry asparagus on top lengthways, covering the whole side of the salmon. Spread the remaining cream cheese mixture over the asparagus spears, carefully pushing between the gaps.
5. Roll the remaining piece of pastry to 30 x 40cm (12 x 16in) so it is a little bigger than the base piece. Lay on top of the asparagus and seal the edges. Trim to leave a 2cm (¾in) border all the way round and then crimp the edges.



6. Brush the top of the pastry with beaten egg and decorate with any trimmings for a lattice effect.
7. Slide the baking sheet onto the floor of the Roasting Oven for 30 minutes, turning around halfway through, until golden and crisp. Rest for 10 to 15 minutes before serving.

8. To make the sauce, put the remaining herbs in a bowl with the mayonnaise, double cream and lemon juice, season with salt and pepper, and mix to combine.

Carve the salmon en croute into slices and serve with the sauce.

PISTACHIO AND RASPBERRY PAVLOVA WITH BUTTERSCOTCH SAUCE

SERVES SIX

INGREDIENTS

For the pavlova:

- 4 egg whites
- 225g (8 oz) caster sugar
- 1 level tsp cornflour
- 1 tsp vinegar
- 50g (2 oz) pistachio nuts, roughly chopped
- 300ml (½ pint) double cream, whipped
- 350g (12 oz) fresh raspberries

For the sauce:

- 50g (2 oz) butter
- 50g (2 oz) muscovado sugar
- 150ml (¼ pint) double cream
- 1 tsp vanilla extract

The Aga makes very good pavlovas and meringues, and they are such a great dessert for making ahead and serving lots of people as you can make them any shape or size you wish. It is so important to whisk the sugar well into the egg whites. You can exchange the pistachio for hazelnuts or almonds if you prefer.

Prepare ahead: The meringue can be made up to a month ahead and kept covered in a cool, dry place. Fill with cream up to four hours before serving. Pour over the sauce just before serving.

Conventional oven: Cook in an oven preheated to 150 °C/ fan 130 °C/gas 2 for an hour, then switch off the oven and leave the pavlova in the oven until cold.

In an Aga:

- 1.** Line a large baking sheet with non-stick baking paper and, using a pencil, mark out a 12 x 30cm (4½ x 12in) rectangle.
- 2.** Whisk the egg whites on high speed until they are like a cloud, and then gradually add the caster sugar a teaspoonful at a time, whisking all the time. When the whites look shiny, thick and stiff, mix the cornflour and vinegar together in a tiny bowl and then pour into the meringue. Add the chopped nuts and stir everything together to combine.
- 3.** Fit a piping bag with a plain nozzle and fill with the meringue. Twist to seal the top. Pipe along the lines of the rectangle and then along the base to give an even thickness of meringue. Pipe on top of the outer edges to build up the sides, in order to give a basket of meringue.

- 4.** Slide the meringue onto the grid shelf on the floor of the Roasting Oven, with the cold sheet on the second set of runners, for about three to five minutes or until lightly golden. Transfer to the Simmering Oven for one hour to 90 minutes, or until easy to lift off the paper.
- 5.** Allow to cool on top of the Aga for about 30 to 45 minutes to dry out a little – a pavlova middle should be soft! Peel away the paper and place on a serving plate.
- 6.** Whisk the cream to soft peaks and spoon into the inside of the pavlova, scattering the raspberries on top.

- 7.** To make the butterscotch sauce, measure the butter, sugar and cream into a small pan and heat on the Boiling Plate. Stir until the butter has melted, and then bring to the boil, stirring all the time. Set aside to cool slightly and then drizzle over the raspberries and pavlova walls to serve. **OK!**

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Above: David Beckham.
Right: Amanda Holden
and Myleene Klass



PRIDE AND JOY

WHAT: The Pride Of Britain Awards.

WHERE: Grosvenor House Hotel, London.

WHEN: Monday September 28.

WHO: A constellation of stars walked the red carpet, led by David Beckham, the Little Mix girls and TV's Holly Willoughby, Caroline Flack and Amanda Holden. There was also a near-reunion of Girls Aloud with Kimberley Walsh, Nicola Roberts and Cheryl Fernandez-Versini posing together!

LOWDOWN: Hosted once again by the inimitable Carol Vorderman, the *Daily Mirror* Pride Of Britain Awards – now in its 19th year – celebrated everyday heroes including Child Of Courage, Teacher Of The Year and the Emergency Services. Video messages from One Direction and Prime Minister David Cameron were also screened.



Above: Simon Cowell.
Below: Alesha Dixon



Above: Pixie Lott. **Top:** Kimberley Walsh, Nicola Roberts and Cheryl Fernandez-Versini



Above: *This Morning*'s Holly Willoughby and Phillip Schofield. **Left:** Danielle Lloyd





Above: Una Foden and Rachel Stevens.
Left: Caroline Flack



Above: Christian Horner with wife Geri Halliwell.
Left: Host Carol Vorderman



Above: Ozzy and Sharon Osbourne with son Jack and daughter Kelly



Above: Little Mix's Jesy Nelson, Perrie Edwards, Jade Thirlwall and Leigh-Anne Pinnock.
Below left: Susanna Reid



Above: Mads and Dominic Williams.
Below: Mark Wright



Above: The Xtra Factor's Rochelle Humes and Melvin Odoom. **Right:** James 'Arg' Argent and Lydia Bright





Above: Alessandra Ambrosio.
Left: Miranda Kerr. **Right:** Dakota Johnson



Above: Oliver Cheshire and Pixie Lott. **Left:** Heidi Klum. **Below right:** Michelle Rodriguez. **Right:** Naomi Campbell



BELLISSIMA!

WHAT: amfAR Milano 2015.
WHERE: La Permanente, Milan.
WHEN: Saturday September 26.
WHO: Miranda Kerr and Naomi Campbell were among the stars raising money for AIDS research.
LOWDOWN: After a sumptuous dinner, guests enjoyed a performance from Debbie Harry, followed by an auction. The evening raised over £1 million.



Above: Beyoncé.
Above right: Ed Sheeran. **Above centre:** Ariana Grande



Above: Olivia Wilde and Bono. **Above right:** Susan Sarandon and Salma Hayek



GLOBAL GATHERING

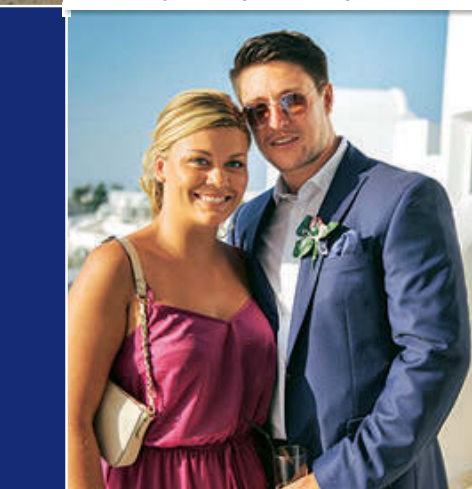
WHAT: Global Citizen Festival.
WHERE: Central Park, New York City.
WHEN: Saturday September 26.
WHO: Beyoncé, Ed Sheeran and Ariana Grande were among the performers during the six-hour show.
LOWDOWN: The event – which also included speeches from Michelle Obama and Malala Yousafzai – was held as part of the campaign to end world poverty by 2030.



Above: Gwyneth Paltrow. **Top:** Chris Martin. **Left:** Leonardo DiCaprio and Kerry Washington



Above: Courtney McEvoy, Samantha Scott, Laura Scott, Liam and Catherine Norval, William Hacking, Scott Norval and Jack Whitehall.
Below left: Becky Mulvanny and former *EastEnders* actor Tony Discipline



Above: The bride and groom are showered with confetti by their guests. **Top:** The blushing bride



Above: Catherine Norval with Liam and the groomsmen – Scott Norval, Jack Whitehall and William Hacking

A WALK DOWN THE ISLE!

WHAT: The wedding of Liam and Catherine Norval.
WHERE: The Greek island of Santorini.
WHEN: Saturday August 1.
WHO: Jack Whitehall and Tony Discipline were among the guests as Café de Paris director Liam Norval tied the knot.
LOWDOWN: The couple were joined by friends and family for the romantic ceremony and celebrations.



Above: The wedding party. **Left:** Jack Whitehall has the guests in stitches. **Above right:** *Humans* actress Gemma Chan – girlfriend of Jack Whitehall. **Above far right:** The happy couple



Above: Sharon Jhheent, Hannah Gardner, Rosie Huntington-Whiteley and Leonie Saysell

ROSIE'S RANGE

WHAT: The launch of Rosie Huntington-Whiteley's lingerie collection for Breast Cancer Now, in partnership with Marks & Spencer.

WHERE: Marks & Spencer Marble Arch, London.

WHEN: Tuesday September 29.

WHO: Rosie was joined by the campaign's models, all of whom have battled breast cancer.

LOWDOWN: In stores now.



Above: Abbey Clancy. **Right:** Joe McFadden and Caroline Monk



Above: Gaby Roslin and Greg Burns. **Right:** Peter Crouch



WIGHT HOT

WHAT: Isle Of Wight Festival Reunion Gig in aid of Variety, The Children's Charity.

WHERE: KOKO in London's Camden.

WHEN: Tuesday September 15.

WHO: Gaby Roslin and Greg Burns were the evening's hosts.

LOWDOWN: All money raised is going towards a Variety Sunshine Coach.

OK! COMPETITION

WIN A TRIP TO LA

Fancy shopping on Rodeo Drive, stepping the Hollywood Walk of Fame and hanging out in celebrity hotspots? To celebrate Thomas Cook Airlines brand new route to LA, the airline are teaming up with Manchester Airport to give away a trip for two to Los Angeles! The lucky winners will fly direct from Manchester to LA in May/June 2016 on one of Thomas Cook Airlines newly upgraded planes, featuring comfier seats, in-flight entertainment and tasty meals from James Martin.

To complete this dream trip, they will also receive £1000 in accommodation vouchers to be used on www.manchesterairport.co.uk/travel. LA is the newest of Thomas Cook Airlines' six USA destination routes that also include New York, Miami, Orlando, Boston and Las Vegas.

There is one prize to be won. The prize consists of 2 return Economy flights from Manchester to Los Angeles with Thomas Cook Airlines and £1000 accommodation voucher to be spent at www.manchesterairport.co.uk/travel. Full terms and conditions available at www.manchesterairport.co.uk/ThomasCookAirlinesLA

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Entrants must be 18 or over. Competition closes midnight 31.10.15 and three working days later for postal entries. Winners will be selected at random from all valid entries. The Editor's decision is final. For full T&Cs, see www.express.co.uk/campaigns/terms/7. By responding to promotions, offers and competitions you agree that Northern & Shell & OK Magazine may contact you by post, SMS and/or email with offers, goods or services that may be of interest to you. To stop receiving SMS messages please text 'NS NOINFO' to the originating number. Express Newspapers/Northern & Shell reserves the right to offer these promotions in its portfolio of titles. Prizes are subject to availability. Images are for representational use only.

WILL IT BE ANT AND DEC YET AGAIN?!

ON YOUR MARKS, GET SET... VOTE!

THE NATIONAL TELEVISION AWARDS ARE AROUND THE CORNER – BUT NO ONE'S TAKING HOME A TROPHY UNTIL YOU HAVE YOUR SAY

It's that time again, when you, the Great British public, decide who are the nation's favourite TV stars. Voting opens this Tuesday (October 6) for TV's biggest night of the year, the National Television Awards. The event takes place at The O2 London on January 20 2016 hosted, as always, by Dermot O'Leary in front of an audience of TV legends and fans.

Among the top dramas vying for a nomination this year are *Poldark*, *Downton Abbey*, *Call The Midwife*, *The Fall* and *Lewis*. And will Bear Grylls, Holly Willoughby, Emma Willis or Alan Carr be able to loosen the grip of Ant and Dec on the TV Presenter Award? Soap stars Danny Dyer, Sally Dynevor, Charley Webb and Nikki Sanderson will be battling it out with many others for Serial Drama Performance. Daytime shows looking for the public's backing include *Antiques Road Trip*, *Pointless*, *The Paul O'Grady Show* and *Bargain Hunt*. While the Talent Show category is a battle between *Britain's Got Talent*, *Strictly Come Dancing*, *The Voice UK* and *The X Factor*.

Voting is easy, just visit www.nationaltvawards.com, or call 0844 646 2060 for a voting form. Calls cost 5p plus your network access charge. Voting closes at a minute to midnight on Sunday October 18 2015. The shortlist will be announced in January when the final round of voting begins.

You can also nominate your favourite TV moments of the year so far online at www.nationaltvawards.com/tv-moment right up until December. Winners will be announced at the ceremony on ITV on January 20 2016. **OK!**

FOR TERMS AND CONDITIONS AND TICKETS TO SEE THE SHOW LIVE, VISIT WWW.NATIONALTVAWARDS.COM.



Above: Ant and Dec have taken home the award for Entertainment Presenter an incredible 14 times! Left: Claudia Winkleman and Tess Daly will be hoping *Strictly Come Dancing* is triumphant



Above: *Downton Abbey* creator Julian Fellowes with his award at last year's ceremony. Right: Matt and Emma Willis



The evening will be in the capable hands of regular host Dermot O'Leary



Above: Will *BGT*'s Alesha Dixon, Amanda Holden and Simon Cowell be celebrating on the night? Left: *EastEnders* stars Kellie Bright and Danny Dyer

OK! CROSSWORD AND COMPETITION



ACROSS

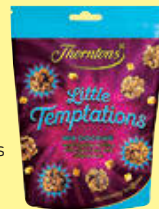
- 1 Back To The Future director, — Zemeckis (6)
- 4 Desperate Housewives actress, Eva — (8)
- 10 Marvin Gaye hitmaker, — Puth (7)
- 11 Matthew —, Sarah Jessica Parker's husband since 1997 (9)
- 12 Iconic Scent Of A Woman Oscar winner, Al — (6)
- 16 Samantha —, plays EastEnders' Ronnie (6)
- 18 Music critic and DJ, — Bowman (5)
- 19 Mr Cameron Diaz, — Madden (5)
- 22 — Refaelli, model from Israel (3)
- 23 Caustic Love singer, — Nutini (5)
- 24 Soul singer who walked out of a reality show, Alexander —'— (14)
- 25 — Butterfield, young star of Ender's Game (3)
- 27 Radio 1 DJ, Scott — (5)
- 29 Girls Just Want To Have Fun singer, — Lauper (5)
- 30 — Hancock, veteran actress (6)
- 31 Joanna —, played Patsy in Absolutely Fabulous (6)
- 37 Last name of the brothers who formed Oasis (9)
- 38 David —, fashion designer (7)
- 39 — Duffy, poet laureate since 2009 (5,3)
- 40 (and 20 Down) Actor who voiced The Lion King's Scar (6,5)

DOWN

- 1 Co-writer of The Office (5,7)
- 2 Anton du Beke's professional dancing partner, Erin — (4)
- 3 — Lenska, flame-haired actress (4)
- 5 Anthony —, boxer on this year's Strictly Come Dancing (5)
- 6 Mexican actor, — García Bernal (4)
- 7 Former footballer Paul (4)
- 8 Michael —, plays himself in This Is The End (4)
- 9 The Rocky Horror Picture Show creator, Richard — (1,5)
- 13 Famous Essex girl, — Childs (3)
- 14 Duchess of Cambridge's sister (5)
- 15 Big Brother winner, — Wilburn (5)
- 17 Former Cheers actress (7,5)
- 19 Pirates Of The Caribbean star, Orlando — (5)
- 20 See 40 Across
- 21 Skyfall-starring dame, Judi — (5)
- 22 Singer joining the judges on The X Factor Australia, James — (5)
- 26 Perrie Edwards (pictured) and friends' band, Little — (3)
- 28 Original host of Never Mind The Buzzcocks, Mark — (6)
- 31 Former child actress, Lindsay — (5)
- 32 Sugababe, Jade — (4)
- 33 — Delevingne, British model (4)
- 34 Zoe —, radio presenter (4)
- 35 Southpaw star, — Gyllenhaal (4)
- 36 — Law, appears in Spy (4)

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ISSUE 1001 ANSWERS



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OK! WORLDWIDE

OK! Magazine
The Northern & Shell Building,
Number 10 Lower Thames Street,
London EC3R 6EN
Tel: 020 8612 7000
Outside UK: +44 (0)20 8612 7000

CHAIRMAN:

Richard Desmond

GROUP JOINT MANAGING DIRECTORS:

Stan Myerson, Martin Ellise

GROUP FINANCE DIRECTOR:

Robert Sanderson

GROUP EDITORIAL DIRECTOR:

Paul Ashford

HEAD OF OK! WORLDWIDE:

Emma Radford

LICENSING MANAGER:

Julia Taylor

UK EDITION

Editor In Chief: Kirsty Tyler

Phone: 020 8612 7990

kirsty.tyler@ok.co.uk

GREECE EDITION

Editor In Chief: Nikos Georgiadis

Phone: +30 210 25 94 031

ngeorgiadis@daphne.gr

THAILAND EDITION

Editor In Chief: Weerawut Ujijitmanus

Phone: +66 2204 2740 5

weerawut@mediatransasia.com

RUSSIA EDITION

Editor In Chief: Vadim Vernik

Phone: +7 980 5252 1254

vadim.vernik@axelspringer.ru

BULGARIA EDITION

Editor In Chief: Silvia Kanin

Phone: +359 2 870 49 81

silviakanin@officemedia.bg

GERMANY EDITION

Editor In Chief: Oliver Opitz

Telephone: +49 40 411 8825 104

oliver.opitz@ok-magazin.de

CYPRUS EDITION

Editorial Director: Marilena Ierodikonou

Telephone: +357 22 580 800

marilena@sigmagov.com

JAPAN EDITION

Editor In Chief: Kana Sugamori

Phone: +81 3 6802 8048

kanas@bkij4u.or.jp

AUSTRALIA EDITION

Editor In Chief: Nicole Byers

Phone: +61 421 396 225

nicole.byers@okmagazine.com.au

SLOVAKIA EDITION

Managing Director: Patricia Vittek

Phone: +421 918 181 118

owner@okmagazine.sk

CHINA EDITION

Editor In Chief: Feng Chuxuan

Phone: +86 105 289 2688

fengchuxuan@okmagazine.com.cn

ROMANIA EDITION

Editor In Chief: Elena Stoichita

Phone: +40 727 165 712

elena.stoichita@adevarulholding.ro

VENEZUELA EDITION

Associate Director:

Alejandro Gutierrez Tremola

Phone: +58 212 406 4436

okvenezuela@dearmas.com

USA EDITION

Editor In Chief: Richard Spencer

Phone: +1 212 672 3991

richard.spencer@okmagazine.com

CZECH REPUBLIC EDITION

Managing Director: Janette Valentová

Phone: +420 777 144 611

janette.valentova@okmagazine.cz

MIDDLE EAST EDITION

Editor In Chief: Gemma White

Phone: +971 4444 3000

gemma.white@itp.com

LATVIA EDITION

Editor In Chief: Laila Pastare

Phone: +371 674 960 47

laila.pastare@rigasvlni.lv

MONGOLIA EDITION

Editor In Chief: Bayarsaikhan Baljinnyam

Phone: 00976 99 111 851

bayaraa321@yahoo.com

AZERBAIJAN EDITION

Editor In Chief: Zahra Badalbeyli

Phone: +994 (12) 490 66 25

zahra.badalbeyli@ok-magazine.az

PAKISTAN EDITION

Editorial Director: Safer H Paracha

saherparacha@okmagazine.com.pk

Phone: +92 358 437 03

GEORGIA EDITION

Editor In Chief: Nino Ioseliani

Phone: +577 492222

editor@okmagazine.ge

GETTY IMAGES



LORI REID

OUR ASTROLOGER TELLS YOU ALL YOU NEED TO KNOW ABOUT YOUR WEEK AHEAD!

LIBRA SEPTEMBER 24 - OCTOBER 23

There's gossip around but not everything you hear is true. A stressful situation looms on Monday but now you know, you can side-step any flack. Tuesday's new moon opens a new chapter. Get ready to roll out your plans. **STARLINE: 0907 181 2959 (07)***

SCORPIO OCTOBER 24 - NOVEMBER 22

Taking a break isn't a waste of time. Even though you're physically tired, your mind is super-fertile and dreaming up ideas that could make you a fortune. You're nearing a major turning point. By Saturday you reach an important goal. **STARLINE: 0907 181 2959 (08)***

SAGITTARIUS NOVEMBER 23 - DECEMBER 21

As the flavour of the moment, people are naturally clamouring for your company. Thank your lucky stars for putting you in a great position to advance your ambitions. Put on your best smile and keep up the momentum. **STARLINE: 0907 181 2959 (09)***

CAPRICORN DECEMBER 22 - JANUARY 20

You're making great strides at work and are seeing tangible fruits of your labours. But the danger of being so engrossed in your own progress is that you may be neglecting your home and partner. Make up for it on Friday. **STARLINE: 0907 181 2959 (10)***

AQUARIUS JANUARY 21 - FEBRUARY 19

Suspend judgement if mixed messages leave you puzzled and confused. Tuesday's new moon brings enlightenment. Your ideas may sound revolutionary but don't let anyone discourage you. Financially, you could be on to a winner. **STARLINE: 0907 181 2959 (11)***

PISCES FEBRUARY 20 - MARCH 20

Attracting goodwill and support shouldn't be difficult if you go about it the right way! Be up front and make your intentions clear. Do your research today, ask questions on Tuesday and make your pitch on Friday. Saturday brings results. **STARLINE: 0907 181 2959 (12)***

ARIES MARCH 21 - APRIL 20

You have a pretty full schedule but the variety of tasks is interesting. Though a trip stalls, a better opportunity comes up on Tuesday. Whether you're starting out or have been together for years, relationships are now centre stage. **STARLINE: 0907 181 2959 (01)***

TAURUS APRIL 21 - MAY 21

You're full of high hopes and as long as you don't rush your fences, you have luck on your side. With passionate Mars in the most romantic sector of your chart, your destination is definitely love with a capital 'L'. **STARLINE: 0907 181 2959 (02)***

GEMINI MAY 22 - JUNE 21

Loving relationships receive a powerful boost as a new moon now puts the accent on romance. Home affairs are especially blessed. Not everyone will agree with your choices at first. But Saturday's success will prove you right. **STARLINE: 0907 181 2959 (03)***

CANCER JUNE 22 - JULY 23

Life continues at a fair old lick. The extra responsibility you've taken on and the overtime you've been putting in are paying off. But don't let work pressure build to a crescendo. Time with your special someone is well spent. **STARLINE: 0907 181 2959 (04)***

LEO JULY 24 - AUGUST 23

Sunday's smart thinking enables you to steal a march and take some pressure off Monday. Tuesday's new moon triggers a change in your affairs and events pull your plans together. By Friday, you'll see positive results. **STARLINE: 0907 181 2959 (05)***

VIRGO AUGUST 24 - SEPTEMBER 23

Being a Virgo makes you conscientious and responsible - qualities that get you noticed this week. The fact that people are coming to you for advice boosts your confidence no end. Fate engineers a meeting and you could be in luck. **STARLINE: 0907 181 2959 (06)***

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Above and below left: What's better than one Shayne Ward? Four of them, of course!



ISSUE 751 - NOVEMBER 16 2010

POP HUNK SHAYNE WARD TALKS ABOUT JOINING TAKE THAT AND HIS PLANS TO MARRY

Since making his recent debut on *Coronation Street* as Aidan Connor, Shayne Ward has proved a popular addition to the soap – but when he took part in our quirky photoshoot nearly five years ago, the 2005 *X Factor* winner was still pursuing his music career. Then 25, Shayne was releasing his third album, *Obsession*, three years after his previous record reached number two in the UK charts. Speaking about his struggle to deal with his time out of the limelight, Shayne confessed: 'Go away for too long and you run the risk of being forgotten,' adding: 'Sometimes I was sad and needed to get back. It's a scary thing.'

Shortly after his *X Factor* triumph there was talk of him replacing Jason Orange in Take That, and he revealed it was 'a massive compliment', adding: 'I'm a huge Take That fan... I'd have loved it, but at the same time I'm my own artist.'

At the time of our chat, Shayne, now 30, was devoted to his girlfriend of

seven years, Faye McKeever, star of Sky 1 series *Trollied*, from whom he split in early 2014 after a year-long engagement.

Admitting how difficult it was to maintain a relationship in the spotlight, Shayne insisted he was never tempted to stray: 'I can't say why it's lasted so long, it just has. I've been with Faye for a long time, why would I throw it away?' Revealing their plans to marry, he said: 'I want to make sure we're both really stable. We've sat down and talked about it. It's definitely going to happen.'

Shayne has since split from Faye and also from Simon Cowell's label SYCO, but

found his feet playing Stacey Jaxx in the musical *Rock Of Ages* before landing a role opposite Jason Donovan and Brian McFadden in *War Of The Worlds*. A crowd-funded record called *Closer* followed before the cobbles beckoned. Like Shayne said following his departure from SYCO, when one door closes, a thousand more open! **OK!**



FOR BACK ISSUES OF OK!, EMAIL NASSUBS@BTBMF.CO.UK OR CALL 0123 422 7142.



Above and below: 'I'm a huge Take That fan... I'd have loved it,' Shayne said of the rumour he was joining the band



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